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Vegetarian Recipes Collection

A feast of delightful vegetarian dishes

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Basic knowledge

Fresh vegetables

Asparagus.
Asparagus spears have an intense, rich flavour – delicious served with melted butter.

Aubergines.
Differing in colour and shape, aubergines have a smoky flavour when cooked.

Beans.
Broad beans, green bean and runner beans can be steamed or lightly boiled in salted water until *al dente*.

Broccoli.
Quick and easy to prepare, broccoli can be eaten raw with dips, or cooked.

Cabbage.
There are many varieties of cabbage. Care should be taken not to over cook this vegetable.

Carrots.
Carrots have a sweet and fragrant flavour. They are just as delicious eaten raw as they are cooked.

Cauliflower
Cauliflower has a pleasant, fresh flavour.

Celeriac
Celeriac has a hint of sweet celery.

Celery
With its distinctive flavour, celery is an ideal ingredient for soups.

Chillies
Members of the capsicum family, these can be very fiery.

Courgettes
These are succulent and tender with a delicate flavour.

Cucumber
This has a crisp, refreshing taste.

Fennel
A crisp, delicious aniseed-flavoured vegetable.

Garlic
These firm, round bulbs have a very distinctive flavour.

Leeks
A versatile vegetable with a subtle, oniony flavour

Lettuce
There are many varieties of lettuce available. Most salads include this vegetable

Mushrooms
Whether cultivated or wild, mushrooms are essential ingredient for vegetation cooking

Onions.
Onions come in many different varieties. They can be sautéed, roasted or eaten raw in salads.

Parsnips.
A sweet root vegetable with a distinct earthy flavour.

Peas.
Sweet tender peas are unbeatable. Make the most of them when they are in season.

Peppers.
Green peppers have a fresh "raw" flavour whereas red, yellow and orange peppers are sweeter.

Potatoes.
Rich in carbohydrate, potatoes can be baked, boiled, fried, sautéed, mashed, roasted.

Pumpkins/Squashes.
These have fibrous fresh with a mild, slightly sweet flavour.

Shallots.
These small bulbs are ideal for using in sauces.

Spinach.
Rich in iron, spinach can be eaten raw in salads or cooked.

Swedes.
These are ideal for adding to soups and casseroles.

Sweetcorn.
Eaten on the cob with salt an a little butter, sweet corn is absolutely delicious.

Tomatoes.
These come from a variety of sizes and form the basis of many vegeterian dishes.

Turnips.
Sweet and nutty flavoured, turnips range from very small to large, mature vegetables.

Dairy Produce

Both local and imported dairy products are now widely available. Most have low-fat versions.

Butter/Margarine
Butter is a natural dairy product made from cream. Margarine is butter substitute made from vegetable fat.

Buttermilk
This is skimmed milk with an added bacterial culture, to give it a natural tangy flavour.

Cheeses (***hard and semi-hard***)
Hard cheeses are often essential for cooking an of course Parmesan is an important ingredient for many dishes.

Cheeses (soft)
Cottage cheese, curd cheese, mascarpone and ricotta are all soft, moist cheeses used in many dishes. Other soft cheeses of culinary note are mozzarella and tangy feta.

Cheeses (blue)
Blue cheeses such as gorgonzola, Roquefort and Stilton are among some of the most popular cheeses used for sauces, soups and tarts.

Cream
This is available in many forms including single, double, clotted, whipping. soured and creme fraiche.

Eggs
Rich in protein, eggs are use in both savoury dishes and desserts.

Fromage frais
A creamy, fresh white cheese sold in pots.

Milk.
This is available as skimmed, semi-skimmed and full-fat, as well as condensed, powdered, homogenized and evaporated.

Quark
This soft white cheese is made from fermented skimmed milk.

Yogurt
Yogurt is available in various forms including organic, low-fat, Greek and bio

Pulses and lentils are a good source of protein. Both need to be washed and pulses should be soaked overnight before cooking. Beans should initially be boiled hard for ten minutes to destroy their toxins Do not add salt until they are nearly cooked as this toughens their skins

Pulses, Beans and Split Peas

Black-eyed beans
Sometimes called black-eyed peas, these are the only beans that do not need soaking

Chick-peas
These round, beige-coloured pulses have a strong, nutty flavour when cooked

Haricot beans
These are small, white and oval They are ideal for slow cooking as they absorb the flavour of herbs and spices easily

Kidney beans
Kidney beans are dark red brown beans with quite a strong flavour

Green and yellow split peas
These tasty and nutritious peas are ideal for thick, hearty soups and are used in Indian cooking

Lentils

Brown and green lentils
These small lentils have a delicate flavour and retain their shape during cooking Green lentils have a slightly stronger taste

Red split lentils
Popular and easy to cook, these lentils are often used in vegetarian dishes.

ToFu
This is an unfermented soya bean curd that is available in. firm and silken varieties to be used in all kinds of sweet and savoury dishes as an alternative to dairy produce

Spice

The inclusion of spices in a recipe can literally transform a meal.

Cardamom
These pods are often used whole to add flavour to rice dishes.

Chilli powder
The dried seeds of chillies are ground to make a very hot and spicy powder.

Cinnamon
Cinnamon is available whole or ground. The sticks are used for flavour and are not eaten.

Cloves
Cloves are used in spice mixtures for sweet and savoury dishes.

Coriander seeds
These are the roasted, dried seeds of the plant.

Cumin
Available as whole, dark brown seeds and ground.

Fennel seeds
Small, light green seeds, similar in smell and taste to aniseed.

Fenugreek seeds
Fenugreek is used in many fish dishes and curries.

Ginger
Both fresh and ground ginger have a sharp, refreshing flavour. Fresh root ginger should be peeled before use.

Mustard seeds
Often used with vegetables and pulses, these have a nutty flavour.

Nutmeg
Whole or ground, nutmeg has a sweet, nutty flavour.

Peppercorns
Used in virtually all savoury cooking, pepper has the capacity to enhance other flavours.

Saffron
This expensive spice is used for its aroma and colour.

Turmeric
Turmeric is a bright yellow powder and is primarily used for its colouring properties.

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Herbs

Beautiful fresh herbs from around the world are readily available. This herb checklist highlights both familiar and less well-known items.

Basil
Well-known for its affinity with tomatoes, basil has a spicy aroma that is a pungent mixture of cinnamon and anise.

Bay leaves
These are one of the oldest herbs used in cookery. When used fresh, they have a deliciously sweet flavour.

Chives
This herb has a very delicate oniony flavour.

Coriander
An intense, aromatic, sweet and spicy herb. The leaves can be used as a garnish.

Dill
A pungent, slightly sweet-tasting herb with anise overtones.

Marjoram
This is very similar to oregano, though more delicate in flavour.

Mint
A very versatile herb with a distinctive scent, mint is used both in sweet and savoury dishes.

Oregano
An aromatic and highly flavoured herb, oregano features strongly in Italian cooking.

Parsley
Both flat leaf and curly varieties have a slightly bitter flavour.

Rosemary
Rosemary, with its dark, needle- like leaves, has an intense flavour and should be used sparingly.

Sage
The aromatic oils in sage impart a distinct and powerful flavour.

Savory
With its peppery flavour, savory makes a good seasoning.

Tarragon
This has a sweet, aniseed flavour.

Thyme
A robust aromatic herb with a warm, earthy flavour.

Dry Goods

Building up a store cupboard of everyday items such as flours, grains and pasta will ensure that you can produce a speedy meal at short notice.

Barley
With its distinctive flavour and slightly chewy texture, barley is used in soups or as an alternative to rice in risottos.

Buckwheat
Nutty in texture, this tasty alternative to rice is actually a grass.

Bulgur wheat
This wholewheat grain is steam-dried and cracked before sale, so it only needs a brief soaking before use. Keep it cool and dry in the cupboard, and it will last for a few months.

Couscous
Also made from wheat, this grain is a staple in North Africa and is prepared in exactly the same way as bulgur.

Dried fruit
Rich in dietary fibre, vitamins and minerals, dried fruits are delicious in a wide selection of dishes including muesli and pies. Because of their intense sweetness, they can be used as a healthy alternative to sugar in cooking.

Flours
As well as the usual white refined flour, try experimenting with other types including wholemeal, buckwheat, soya, rice or rye for a more interesting, nutty flavour in your baking. Cornflour is often used as a thickening agent for sauces.

Millet
High in protein, millet is used extensively in Southeast Asia and is cooked in the same way as rice.

Nuts and seeds
Nuts and seeds such as almond, cashew, brazil, sunflower, pumpkin and linseed are a valuable source of protein, calcium and Omega 3 fatty acids. Bought in bulk for economy, they will keep in the freezer for several months.

Oats
Available as rolled (porridge), jumbo or oatmeal, this grain is an excellent source of complex carbohydrates, vitamins and minerals, including iron.

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Pasta
While fresh pasta is generally preferred both for flavour and for speed of cooking, the dried product is a very valuable store-cupboard ingredient. Italian pasta and Oriental noodles are both useful.

Quinoa
This good source of protein, is a soft grain from South America.

Rice
There are many different types of rice. Basmati is thought to have a superior flavour, fragrance and texture, and a mixture of basmati and wild rice (not a true rice, but the seeds of an aquatic grass) works well.

Sugars
Used sparingly, you can give flavour to sweet dishes by adding dried sugars such as molasses, demerara, raw cane and icing sugar, or liquid varieties such as blackstrap molasses, honey and natural maple syrup.

Wheat, barley and rye flakes
These can be used in savoury or sweet crumbles and biscuits to provide taste and texture.

Bottled and Canned Goods

The store cupboard should be the backbone of your vegetarian kitchen. Stock it sensibly, and you'll always have the wherewithal to make a tasty, satisfying meal.

Canned pulses
Chick-peas, cannellini beans, green lentils, haricot beans and red kidney beans survive the canning process well. Wash in cold running water and drain well before use.

Canned vegetables
Although fresh vegetables are best for most cooking, some canned products are very useful. Artichoke hearts have a mild sweet flavour and are great for adding to stir-fries, salads, risottos or pizzas. Pimientos are canned whole red peppers, seeded and peeled. Canned tomatoes are an essential ingredient to have in the pantry. Additional useful items to include are sweetcorn and water chestnuts

Mustard
Wholegrain or Dijon mustards are widely used both in cooking and in salad dressings

Oils
Groundnut or sunflower oils are bland and will not mask or overpower delicate flavours

They are ideal for deep frying. Fiery chilli oil will liven up vegetable stir-fries, while tasty sesame oil will give them a rich nutty flavour. A good olive oil will suit most purposes, except deep frying, and extra-virgin olive oil, being more expensive, is best kept for salads

Olives
Green or black olives now come in a variety of marinades. Olive paste is useful for pasta sauces

Passata
This thick sauce is made from sieved tomatoes It is mainly used in Italian cookery.

Pesto: This classic Italian sauce combines fresh basil, pine nutsParmesan, garlic and olive oil and is useful for pasta or grilled or roasted vegetables

Soy sauce/Shoyu
Soy sauce is a thin, salty black liquid made from fermented soya beans. Shoyu, or naturally brewed soy sauce, is fermented for far longer and so has less additives than soy sauce

Stocks and flavourings
There are three kinds of vegetable stocks. Granules are ideal for light soups and risottos stock cubes have a stronger flavour suited to hearty soups ,while vegetable extracts have a robust taste which is delicious in casseroles

Sun-dried tomatoes
These sweet tomatoes baked and dried in the sun, are sold in bags or in jars, steeped in olive oil

Tahini paste
Made from ground sesame seeds, this paste is used in Middle Eastern cookery

Tornato purree.
This concentrated tomato paste is sold in cans, jars or tubes. A version made from sun-dried tomatoes is now available

Vinegars
White or red wine and sherry vinegars are ideal for salad dressings. Balsamic has a sweet/ sour flavour which can be used in salad dressings or with roasted vegetables and cooked grains

RECIPES A - Z

Hors D'oeuvres & Appertisers

Hummus

INGREDIENTS
Serves 4
1 ¼ cups/225g/8oz dried chick peas, soaked overnight
1 bouquet garni
1 small onion, sliced
2 cloves garlic, crushed
juice of 2 lemons
4 tbsp/60ml/2oz tahini paste
3 tbsp/45ml olive oil
salt and freshly ground black pepper
1 tomato, sliced
sprig of parsley

METHOD
1-Drain the chick peas and place in a large saucepan with plenty of water, the bouquet garni and onion. Bring to the boil then simmer gently for 1 ¾ -2 hours, or until tender.

2-Drain, reserving a little of the cooking liquid. Discard the onion and bouquet garni.

3-Place the garlic, lemon juice, tahini, olive oil and seasoning in a food processor or blender. Add the cooked chick peas and process to a smooth paste.

4-Add a little of the reserved cooking liquid if the paste is too thick, and stir rapidly. Arrange the hummus in a dish, edge with halved tomato slices and garnish with parsley. Serve with warmed pitta bread.

HORS D'OEUVRES AND APPETIZERS

Guacamole

INGREDIENTS

Serves 2-4
2 large ripe avocados

2 large ripe tomatoes
1 bunch spring onions
1-2 tbsp/15-30ml olive oil
1-2 tbsp/15-30ml lemon juice
salt and freshly ground black pepper
2 green chillies

METHOD
1-Remove the flesh from the avocados and mash. Skin the tomatoes, remove the seeds and chop finely. Chop the spring onions.

2-Mix vegetables together with olive oil and lemon juice and season to taste. Garnish with chopped green chillies and serve, chilled, as a dip or with hot pitta bread

HORS D'OEUVRES AND APPETIZERS

Babagannouch
the lids at a jaunty angle. If keeping to serve later, brush them with olive oii and black

INGREDIENTS
Serves 6 - 8
3 aubergines
4 cloves garlic
2 tbsp/30ml tahini
1/2 tsp/2 1/2g cumin seeds
1/2 tsp/2 ½ g chilli powder
juice of 3 lemons
salt to taste
chopped parsley
olives

1-Grill aubergines until the skin blackens.

2-Cool slightly in a paper bag and peel off most of the charred skin.

3-Mash the softened aubergine with the remaining ingredients and blend until fully combined. Garnish with parsley and olives and serve warm with pitta bread. -

HORS D'OEUVRES AND APPETIZERS

Stuffed Tomatoes
INGREDIENTS
Serves 4
8 English (small) tomatoes, or 3 beef (large) tomatoes
4 hard-boiled eggs, cooled and peeled
6 tbsp/90ml mayonnaise
1 tsp/5 ml garlic paste

salt and freshly ground black pepper
1 tbsp/15ml parsley, chopped
1 tbsp/15ml white breadcrumbs for the beef (large) tomatoes

METHOD
1-Skin the tomatoes, first by cutting out the core with a sharp knife and making a incision on the other end of the tomato. Then place in a pan of boiling water for 10 seconds, remove and plunge into a bowl of iced or very cold water (this latter step is to stop the tomatoes from cooking and going mushy).

2-Slice the tops off the tomatoes, and just enough of their bases to remove the rounded ends so that the tomatoes will sit squarely on the plate. Keep the tops if using small tomatoes, but not for the large tomatoes.

3-Remove the seeds and inside, either with a teaspoon or small, sharp knife. Mash the eggs with the mayonnaise, garlic paste, salt, pepper and parsley.

4-Fill the tomatoes, firmly pressing the filling down. With small tomatoes, replace the lids at a jaunty angle. If keeping to serve later, brush them with olive oii and black pepper to prevent from drying out. Cover with plastic film and keep.

NOTE

For large tomatoes, the filling must be very firm, so it can be sliced. If you make your own mayonnaise, thicken it by using more egg yolks. If you use shop-bought mayonnaise, add enough white breadcrumbs until the mixture is the consistency of mashed potatoes. Season well, to taste. Fill the tomatoes, pressing down firmly until level. Refrigerate for I hour, then slice with a sharp carving knife into rings. Sprinkle with chopped parsley.

HORS D'OEUVRES AND APPETIZERS

Courgette Moulds

INGREDIENTS

serves 4
1 lb/450g courgettes, sliced
1 onion, chopped
2 tbsp/30ml lemon juice
2 tsp/l0 ml fresh coriander leaves, chopped
4oz/100g fromage blanc
salt and freshly ground black pepper
1 sachet agar-agar
2/3 cup/150ml/ ¼ pt natural low fat yoghurt
5 tbsp/75ml/3fl oz skimmed milk
1 egg yolk
1 tsp/5ml curry paste

1-Place the courgettes and onions in a saucepan with 2xl5mlsp/2tbsp water and the lemon juice. Cover and cook over a gentle heat for 8-10 minutes, or until softened.

2-Cool slightly and puree in a food processor or blender. Add the coriander leaves, cheese and seasoning and puree until smooth. Leave until lukewarm.

3-Sprinkle the agar-agar over 2 tbsp/30ml water in a cup. Stand in a saucepan of hot water and stir to dissolve. Add to the puree and pour into four 2/3 cup/150ml/ ¼ pt ramekin dishes. Chill for 1-1 1/2 hours until set.

4-Meanwhile mix the yoghurt, milk, egg yolk and curry paste together and heat gently until slightly thickened. Do not boil. Leave to cool.

5-Pour the sauce across the base of a serving dish, loosen the moulds and turn out on to the dish. Garnish the tops of the moulds with chervil and serve.

HORS D'OEUVRES AND APPETIZERS

Mozzarella and Avocado Bees

INGREDIENTS

Serves 2
1 ripe avocado
4oz/100g Mozzarella cheese
1 tbsp/15ml olive oil
1 tbsp/15ml tarragon vinegar
salt and freshly ground black pepper

1-Cut the avocado in half and remove the stone. With a palette knife carefully remove the skin from each half of the avocado. Lay the avocado halves flat-side downwards and cut horizontally into ¼ in / 1 cm slices.

2-Cut semi-circular slices from the Mozzarella, with 4 extra semi-circles for wings.

3-Arrange the cheese slices between the avocado slices to form the striped body of the bee, and arrange the wings at the sides. Mix the oil and vinegar together and season well. Pour over the bees and serve.

HORS D'OEUVRES AND APPETIZERS

Vegetables in Agar-agar

INGREDIENTS

Serves 4
2 ½ cups/600ml/20fl oz dissolved agar- agar or other vegetable gelatine
1 cup/l00g/4oz peeled and diced carrot

1 cup/l00g/4oz trimmed and sliced green beans
1 tbsp/15ml walnut oil
1 cup/l00g/4oz sliced button mushrooms
1 tbsp/15ml stuffed olives, sliced
2/3 cup/150ml/ ¼ pt thick mayonnaise

1-In water dissolve enough agar-agar or equivalent vegetable gelatine, following directions on the packet, to make 2 1/2 cups/ 600ml/20fl oz. Allow it to cool. Chill a mould. Wet the mould and when the aspic is almost set, line the mould with it. Place in the fridge to set.

2-Meanwhile cook the carrot and green beans in salted water until tender. Refresh in cold water. Heat the walnut oil in a pan and gently saut6 the mushrooms. Allow to cool.

3-Mix the vegetables together with the olives, mayonnaise and the remaining aspic and fill the mould. Chili until set.

4-Dip the mould into hot water and turn out onto a plate. Cut into wedges and serve each wedge with a crisp lettuce leaf and a triange of wholemeal toast.

HORS D'OEUVRES AND APPETIZERS

Devilled Eggs

INGREDIENTS

Serves 4
4 hard-boiled eggs, cut in half, lengthwise
1 ½ tbsp/23g onions, finely chopped
2 green chillis, finely chopped
1 tbsp/5ml coriander leaves, chopped
1/2 tsp/2.5ml salt
2 tbsp/30g mashed potatoes
oil for deep frying
1 tbsp/15ml plain flour
2fl oz/60ml/1/4 cup water

1-Remove the yolks and mix with the onions, chillis, coriander leaves, salt and mashed potatoes. Put the mixture back into the egg whites. Chill for 30 minutes.

2-Heat the oil in a karai over high heat. While the oil is heating up make a bat with the flour and water. Be careful not t allow the oil to catch fire.

3-Dip the eggs into the batter and slip into the hot oil. Fry until golden, turning once.

HORS D'OEUVRES AND APPETIZERS

Stuffed aubergines

INGREDIENTS

Serves 4-8
4 aubergines olive oil
1 large onion, chopped
2-3 cloves garlic, crushed
4 large tomatoes, skinned and chopped
2 tbsp/l0g fresh herbs, chopped
salt and freshly ground black pepper
4oz/100g Mozzarella cheese
4 tbsp/60ml brown breadcrumbs a little butter

1-Preheat the oven to 400oF/200oC/Gas 6. Wash the aubergines. Cut in half lengthwise and score the cut surface deeply with a knife. Sprinkle with salt and leave, cut surface down, for 30 minutes.

2-Meanwhile heat 1-2 tbsp/15-30ml oil in a pan and fry the onion and garlic until translucent. Transfer to a bowl and mix in the tomatoes and chopped herbs.

3-Add more oil to the pan. Rinse the aubergines and pat dry. Place them cut surface down in the pan and cook gently for about 15 minutes. They absorb a lot of oil, so you will need to keep adding a little more.

4-Scoop some of the flesh out of the aubergines, mash and mix it with the rest of the filling. Season well. Pile the filling onto the aubergines and top with thinly sliced Mozzarella.

5-Sprinkle with breadcrunibs and dot with butter. Place aubergines in a greased ovenproof dish and bake for 20 minutes until the cheese has melted and the breadcrumbs are crispy.

Starters

STARTERS

GUACAMOLE

This is quite a fiery version, although nowhere near as hot as you would be served in Mexico.

Ingredients:
Serves 4.
2 ripe Avocados, peeled and stoned
2 tomatoes, peeled, seeded and finely chopped.
6 Spring Onion, finely chopped.
1-2 fresh Chilli, seeded and finely chopped.
30 ml/2 tbsp fresh lime or lemon juice
15 ml/ 1 tbsp chopped fresh Coriander,

Salt and freshly ground Black Pepper
Coriander sprigs, to garnish.

1- Put the Avocado halves into a large bowl and mash them roughly with a large fork.
2- Add the remaining ingredients. Mix well and season with salt and pepper. Serve garnished with fresh Coriander

STARTERS

Butter Bean, Watercress and Herb Dip

This is a refreshing dip that is especially good served with fresh vegetable crudites and breadsticks.

Ingredients.
Serves 4-6
225 g/8 oz/ 1 cup plain cottage cheese.
400 gr/ 14 oz can butter bean, rinsed and drained
1 bunch Spring Onion, chopped
50 gr/ 2 oz watercress, chopped
600 ml/ 4 tbsp Mayonnaise
45 ml/ 3 tbsp chopped fresh Mix Herbs
Salt and ground black pepper
Watercress sprigs, to garnish
Vegetable crudités and breadsticks, to serve

1-Put the cottage cheese, butter beans, spring onions, watercress, mayonnaise and herbs in a blender or food processor and blend until fairly smooth.

2- Season with salt and pepper and spoon the mixture into a dish

3-Cover and chill for several hours before serving.

4-Transfer to a serving dish (or individual dishes) and garnish with watercress sprigs. Serve with vegetable crudites and breadsticks.

COOK'S TIP
Try using other canned beans such as cannellini beans or chickpeas in place of the butter beans.

STARTERS

SAFFRON DIP

Serve this mild dip with fresh vegetable crudites - it is particularly good with florets of cauliflower.

Ingredients:

Serves 4

Small pinch of Saffron strands
200 g/7 oz fromage frais
10 fresh Chives
10 fresh Basil leaves
Salt and freshly ground Black Pepper
Vegetable crudités, to serve

1-Pour 15ml/ 1 tbsp boiling water into a small heatproof bowl and add the saffron strands. Leave to infused saffron for about 3-4 minutes, stirring occasionally.

2-Beat the fromage frais until smooth, then stir in the infused Saffron liquid.

3-Use a pair of scissors to snip the chives into the dip. Tear the basil leaves into small pieces and stir them in.

4-Season with salt and pepper. Serve immediately with vegetable crudites.

V A R I A T I 0 N
Leave out the saffron and add a squeeze of lemon or lime juice instead. Alternatively, substitute the saffron strands with ready-ground saffron powder.

STARTERS

SPICED CARROT DIP

This is a delicious dip with a sweet and spicy flavour. Serve wheat crackers or fiery tortilla chips as accompaniments for dipping.

Ingredients
Serves 4
1 onion
3 carrots, plus extra to garnish
grated rind and juice of 2 oranges
15 ml/ I tbsp hot curry paste
150 ml/ 1/4pint/ 2/3 cup natural yogurt
handful of fresh basil leaves
15-30 ml/1-2 tbsp fresh lemon juice, to taste
red Tabasco sauce, to taste
salt and freshly ground black pepper

1-Finely chop the onion. Peel and grate the carrots. Place the onion, carrots, orange rind and juice, and curry paste in a small saucepan. Bring to the boil, cover and simmer gently for 10 minutes, until tender.

2-Process the mixture in a 2blender or food processor until smooth. Leave to cool completely.

3-Stir in the yogurt, then tear the basil leaves roughly into small pieces and stir them into the carrot mixture.

4-Add the lemon juice and Tabasco and season with salt and pepper. Serve within a few hours at room temperature. Garnish with grated carrot.

STARTERS

DIP WITH CRISPY BREAD

This delectable Middle Eastern dish isflavoured with tahini (sesame seed paste), which gives it a subtle hint of spice.

Ingredients:
Serves 6
2 small aubergines
1 garlic clove, crushed
60 mi/4 tbsp tahini (sesame seed paste)
25 g/l oz/1/4 cup ground almonds
juice of 1/2 lemon
2.5 ml/ 1/2 tsp ground cumin
30 ml/2 tbsp fresh mint leaves
30 ml/2 tbsp olive oil
salt and freshly ground black pepper

STARTERS

Lebanese,flatbread

4 pitta breads
45 ml/3 tbsp toasted sesame seeds
45 ml/3 tbsp fresh Thyme leaves, chopped
45 ml/3 tbsp poppy seeds
150 ml/ 1/4 pint/ 2/3 cup olive oil

1-Start by making Lebanese flatbread. Split the pitta breads throught the middle and carefully open them out. Mix the sesam seeds, chopped thyme and poppy seeds in mortar. Crush them lighly with a pestle to realese the flavour.

2-Stir the Olive oil. Spread the mixture lighly over the cut sides of the pitta bread. Grill until golden brown and crisp. When complexly cool, break into pieces and set aside.

3-Grill the aubergines, turning them frequently, until the skin is blackened and blistered. Remove the skin, chop the flesh roughly and leave to drain in a colander Wait for 30 minutes, then squeeze out as much liquid from the aubergines as possible.

4-Place the flesh in a blender or food processor. Add the garlic, tahini, almonds, lemon juice and cumin. Season, and process to a smooth paste. Chop half the mint and stir in.

5-Spoon into a bowl, scatter the remaining mint leaves on top and drizzle with olive oil. Serve with the Lebanese flatbread.

STARTERS

Chick-pea Falafel with Coriander Dip

Little balli of spicy chick-pea puree deep-fried until crisp, are served with a zesty coriander-flavoured mayonnaise.

Ingredients.

Serve 4

400 g/ 14 oz can chick-peas, drained
6 spring Oions, finely chopped
1 egg
2.5 ml/ 1/2 tsp ground turmeric
1 garlic clove, crushed
5 ml/ 1 tsp ground Cumin
60 ml/ 4 tbsp chopped fresh Coriander oil for deep-frying
1 smail fresh red Chilli, seeded and finely chopped
45 ml/3 tbsp Mayonnaise
Salt and freshly ground Black Pepper
Sprig of fresh Coriander, to garnish

1-Put the chick-peas into a food processor or blender. Add the spring onions and process to a smooth puree.
Add the egg, ground turmeric, garlic, cumin and about 15 ml/ I tbsp of the chopped coriander. Process briefly to mix, then season with salt and pepper.

2-Working with clean, wet hands, shape the chick-pea mixture into about 16 small balls.

3-Heat the oil for deep-frying to 180oC/350oF or until a cube of bread, when added to the oil, browns in 30-45 seconds. Deep-fry the falafel in batches for 2-3 minutes or until golden. Drain the falafel on kitchen paper. Place in a serving bowl and keep warm.

4-Stir the remaining chopped coriander and the chilli into the mayonnaise. Garnish with the coriander sprig and serve alongside the falafel.

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STARTERS

MARINATED VEGETABLE ANTIPASTO

This colourful selection of fresh vegetables and herbs makes a great starter when served with fresh crusty bread.

Ingredients:
Serves 4

For the peppers
3 red peppers
3 yellow peppers
4 garlic cloves, sliced
handful of fresh basil
120 ml/4 fl oz//2 cup olive oil
salt and freshly ground black pepper

For the mushrooms
450 g/1 lb open cap mushrooms, thickly sliced
60 mi/4 tbsp olive oil
1 large garlic dove, crushed
15 ml/ 1 tbsp chopped fresh rosemary
250 ml/ 8 fl oz/1 cup dry white wine
fresh rosemary sprigs, to garnish

For the olive
1 dried red chilli, crushed
grated rind of 1 lemon
120 ml/4 fl oz//2 cup olive oil
225 g/8 oz/1 1/3 cups Italian black olives
30 ml/2 tbsp chopped fresh flat leaf parsley basil leaves, to garnish
1 lemon wedge, to serve

1-Place the peppers under a hot grill. Cook until they are black and blistered all over. Remove from the heat and place in a large plastic bag to cool.

2-When the peppers are cool, remove their skins, halve the flesh and remove the seeds. Cut into strips lengthways and place them in a bowl with the sliced garlic and basil leaves. Season and then cover with oil and marinate for 3-4 hours, tossing occasionally Garnish with basil leaves.

3-Place the mushrooms in a 1arge bowl. Heat the oil in a pan and add the garlic, rosemary and wine. Bring to the boil, then simmer for 3 minutes. Season. Pour over the mushrooms.

4-Mix well and leave to cool, stirring occasionally. Cover and marinate overnight. Serve at room temperature, garnished with rosemary sprigs.

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5-Place the chilli and lemon rind in a small pan with the oil. Heal gently for about 3 minutes. Add the olives and heat for I minute more. Tip the olive mixture into a bowl and leave to cool. Marinate overnight. Before serving, sprinkle with parsley and garnish with basil leaves. Serve with the lemon wedge.

STARTERS

Spicy Potato Wedges with Chilli Dip

The spicy crust on these potato wedges makes them irresistible, especially when served with a zesty chilli dip.

Ingredients:

Serves 2

2 baking potatoes, about 225 g/8 oz each
30 ml/2 tbsp olive oil
2 garlic cloves, crushed
5 ml/ 1 tsp ground allspice
5 ml/1 tsp ground coriander
15 ml/1 tbsp paprika
salt and freshly ground black pepper

For the dip

15 ml/1 tbsp olive oil
1 small onion, finely chopped
1 garlic clove, crushed
200 g/7 oz can chopped tomatoes
1 fresh red chilli, seeded and finely chopped
15 ml/1 tbsp balsamic vinegar
15 ml/1 tbsp chopped fresh coriander, plus extra to garnish

1-Preheat the oven to 200oC/400oF/Gas 6. Wash the potatoes, cut in half, then into 8 wedges.

2-Place the potato wedges in a saucepan of cold water. Bring to the boil, then lower the heat and simmer gently for 10 minutes, or until the potatoes have softened slightly. Drain well and pat dry on kitchen paper.

3-Mix the oil, garlic, allspice, coriander and paprika in a roasting tin. Season with salt and pepper. Add the potatoes and shake to coat thoroughly. Roast for 20 minutes, turning occasionally.

4-Meanwhile, make the chilli dip. Heat the oil in a saucepan, add the onion and garlic and cook for 5-10 minutes until soft and golden. Add the tomatoes with their juice and stir in the chilli and vinegar.

5-Cook gently for 10 minutes, until the mixture has reduced and thickened. Season with salt and pepper. Stir in the fresh coriander and serve hot, with the potato wedges. Garnish with salt freshly ground black pepper and fresh coriander

STARTERS

Potted Stilton with Herbs and Melba Toast

This starter is a great time saver, as the Potted Stilton can be made the day before, and the Melba toast will in an airtight container for up to two day.

Ingredients:
Serves 8
225 g/8 oz/ I cup blue Stilton or other blue cheese
115 g/4 oz//2 cup cream cheese
15 ml/ 1 tbsp port
15 ml/ 1 tbsp chopped fresh parsley
15 ml/l tbsp snipped fresh chives, plus extra to garnish
50 g/2 oz/ 1/2 cup finely chopped walnuts
salt and freshly ground black pepper

for the Melba toast
12 thin slice of white bread

1-Put the Stilton or blue cheese cream cheese and port into a blender or food processor and process until smooth.

2-Stir in the remaining ingredients and then season with salt and pepper.

3-Spoon into individual ramekin dishes and level the tops. Cover with clear film and chill until firm. Sprinkle with snipped chives just before serving.

4-To make the Melba toast preheat the oven to 180oC/350oF/Gas 4. Toast the d on both sides.

5-While the toast is still hot, cut 5off the crusts and cut each slice horizontally in two. While the bread is still warm, place it in a single layer on baking trays and bake for 10- 1 5 minutes, until golden brown and crisp. Continue with the remaining slices in the same way. Serve warm with the potted Stilton.

STARTERS

Mushroom and Bean Pate

A light and tasty pate, delicious served on wholemeal bread or toast

Ingredients:
Serves 12
450 g/l lb mushrooms, sliced

1 onion, chopped
2 garlic cloves, crushed
1 red pepper, seeded and diced
30 ml/2 tbsp vegetable stock
30 mi/2 tbsp dry white wine
400 g/14 oz can red kidney beans, rinsed and drained
1 egg, beaten
50 g/2 oz/1 cup fresh wholemeal breadcrumbs
15 ml/1 tbsp chopped fresh thyme
15 ml/ 1 tbsp chopped fresh rosemary
salt and freshly ground black pepper
lettuce and tomatoes, to garnish

1-Preheat the oven to 180oC/350oF/Gas 4. Lightly grease and line a non-stick 900 g/ 2 lb loaf tin. Put the mushrooms, onion, garlic, red pepper, stock and wine in a saucepan. Cover and cook for about IO minutes, stirring occasionally.

2-Set aside to cool slightly, then puree the mixture with the kidney beans in a blender or food processor until smooth.

3-Transfer the mixture to a bowl, add the egg, breadcrumbs and herbs and mix thoroughly. Season with salt and pepper.

4-Spoon the mixture into the prepared tin and level the surface. Bake for 45-60 minutes, until lightly set and browned on top. Place on a wire rack and allow the pAt@ to cool completely in the tin. Once cool, cover and refrigerate for several hours. Turn out of the tin and serve in slices, garnished with lettuce and tomato.

STARTERS

Garlic Mushrooms with a Parsley Crust

These garlic mushrooms are perfect for dinner parties, or you could serve them in larger portions as a light supper dish with a green salad.

Ingredients:

Serves 4

350 g/ 1 2 oz large mushrooms, stems removed
3 garlic cloves, crushed
175 g/ 6 oz/ ¾ cup butter, softened
50 g/2 oz / 1 cup fresh white breadcrumbs
50 g /2 oz/ 1 cup fresh parsley, chopped
1 egg, beaten
salt and cayenne pepper
8 cherry tomatoes, to garnish

1-Preheat the oven to 190oC/375oF/ Gas 5. Arrange the mushrooms cup side uppermost on a baking tray. Mix together the garlic and butter in a small bowl and divide 115 g/4 oz/ 1/2 cup of the butter between all the mushrooms.

2-Heat the remaining butter in a frying pan and lightly fry the breadcrumbs until golden brown. Place the chopped parsley in a bowl, add the breadcrumbs, season with salt and cayenne pepper and mix well.

3-Stir in the egg and use the mixture to fill the mushroom caps. Bake for IO- 1 5 minutes until the topping has browned and the mushrooms have softened. Garnish with quartered tomatoes.

COOK'S T I P
If you are planning ahead, stuffed mushrooms can be prepared up to 12 hours in advance and kept in the fridge before baking.

STARTERS

Asparagus Rolls with Herb Butter Sauce

For a taste sensation, try tender asparagus spears wrapped in cri SP filo pastry. The buttery herb sauce makes the perfect accompaniment.

Ingredients:
Serves 2
4 sheets of filo pastry
50 g/2 oz/1/4 cup butter, melted
16 young asparagus spears, trimmed

For the sauce
2 shallots, finely chopped
1 bay leaf
150 ml/l/4 pint/l/3 cup dry white wine
175 g/6 oz butter, softened
15 ml/ 1 tbsp chopped fresh herbs
Salt and freshly ground black pepper
chopped chives, to garnish

1-Preheat the oven to 200oC/400oF/Gas 6. Cut the filo sheets in half. Brush a half sheet with melted butter. Fold one corner of the sheet down to the bottom edge to give a wedge shape.

2-Lay 4 asparagus spears on top at the longest edge, and roll up toward the shortest edge. Using the remaining filo and asparagus spears, make three more rolls in the same way.

3-Lay the rolls on a greased baking sheet. Brush with the remaining melted butter. Bake in the oven for 8 minutes until golden brown.

4-Meanwhile, put the shallots, bay leaf and wine into a pan. Cover, and cook over a high heat until the wine is reduced to 45-60 ml/3-4 tbsp.

5-Strain the wine mixture into a bowl. Whisk in the butter, a bowl. Whisk in the butter, a little at a time until the sauce is smooth and glossy.

6-Stir in the herbs and add salt and pepper to taste. Return to the pan and keep the sauce warm. Serve the rolls on individual plates with a salad garnish, if desired. Serve the sauce separately, sprinkled with a scattering of chopped chives

STARTERS

Fried Mozzarella

These crispy cheese slices make an unusual and tasty starter. They must be cooked just before serving.

Ingredients
Serves 2-3
300 g/ 11 oz/1 3/4 cups mozzarella cheese
oil for deep frying
2 eggs flour seasoned with salt and freshly ground black pepper
plain dry breadcrumbs
flat leaf parsley, to garnish

l-Cut the mozzarella into slices about 1 cm/l/2 in thick. Gently pat off any excess moisture with kitchen paper.

2-Heat the oil to 185oC/360oF or until a small piece of bread sizzles as soon as it is dropped in. While the oil is heating, beat the eggs in a shallow bowl. Spread some seasoned flour on one plate and some breadcrumbs on another.

3-Press the cheese slices into the flour, coating them evenly with a thin layer of flour. Shake off any excess. Dip them into the egg, then once into the breadcrumbs. Dip them once more into the egg, then again into the breadcrumbs.

4-Fry immediately in the hot oil until golden brown. (You may have to do this in two batches but do not let the breaded cheese wait for too long or the breadcrumb coating will separate from the cheese while it is being fried.) Drain on kitchen paper and serve hot, garnished with parsley.

STARTERS

Greek Cheese and Potato Patties

Delicious little fried morsels of potato and feta cheese, flavoured with dill and lemon juice.

Ingredients:

Serves 4
500 g/ 1 1/4 lb potatoes
115 g/4 oz feta cheese
4 spring onions, chopped
45 ml/3 tbsp chopped fresh dill
15 ml/ 1 tbsp lemon juice
1 egg, beaten
flour for dredging
45 ml/3 tbsp olive oil
Salt and freshly ground black pepper

1-Boil the potatoes in their skins in lightly salted water until soft. Drain, then peel while still warm. Place in a bowl and mash. Crumble the feta cheese into the potatoes and add the spring onions, dill, lemon juice and egg. Season with salt and pepper (the cheese is salty, so taste before you add salt). Stir well.

2-Cover the mixture and chill until firm. Divide the mixture into walnut-size balls, then flatten them slightly. Dredge with the flour. Heat the oil in a frying pan and fry the patties until golden brown on each side. Drain on kitchen paper and serve at once.

STARTERS

Cheese-stuffed Pears

These pears, with their scrumptious creamy topping, make a sublime dish when served with a simple salad.

Ingredients:
Serves 4
50 g/2 oz//4cup ricotta cheese
50 g/2 oz/ ¼ cup doicelatte cheese
15 m/ 1 tbsp honey
½ celery stick, finely sliced
8 green olives, pitted and roughly chopped
4 dates, stoned and cut into thin strips
pinch of paprika
4 ripe pears
150 mil@/4pint//3cup apple juice

1-Preheat the oven to 200oC/400oF/Gas 6. Place the ricotta in a bowl and crumble in the dolcelatte. Add the rest of the ingredients except for the pears and apple juice and mix well.

2-Halve the pears lengthways and use a melon baller to remove the cores. Place in an ovenproof dish and divide the filling equally between them.

3-Pour in the apple juice and cover the dish with foil. Bake for 20 minutes or until the pears are tender.

4-Remove the foil and place the dish under a hot grill for 3 minutes. Serve immediately.

COOK'S TIP
Choose ripe pears in season such as Conference, William or Cornice.

STARTERS

Mushroom Croustades

The rich mushroom flavour of this filling is heightened by the addition Of mushroom ketchup.

Ingredients:
Serves 2-4
1 short French stick, about 25 cm/10 in
10 ml/2 tsp olive oil
250 g/9 oz open cup mushrooms, quartered
10 ml/2 tsp mushroom ketchup
10 ml/2 tsp lemon juice
30 ml/2 tbsp skimmed milk
30 ml/2 tbsp snipped fresh chives
salt and freshly ground black pepper
snipped fresh chives, to garnish

1-Preheat the oven to 200oC/400oF/Gas 6. Cut the French bread in half lengthways. Cut a scoop out of the soft middle of each half, leaving a thick border all the way round.

2-Brush the bread with oil, place 2on a baking sheet and bake for about 6-8 minutes, until golden and crisp.

3-Place the mushrooms in a small saucepan with the mushroom ketchup, lemon juice and milk. Simmer for about 5 minutes, or until most of the liquid is evaporated.

4-Remove from the heat, then add the chives and season with salt and pepper. Spoon into the bread croustades and serve hot, garnished with snipped chives.

STARTERS

Tomato Pesto Toasties

The flavour of pesto is so powerful that it can be used in very small amounts to good effect, as in these tasty snacks.

Ingredients:
Serves 2
2 thick slices crusty bread
45 ml/3 tbsp cream cheese or fromage frais

10 ml/2 tsp red or green pesto
1 beef tomato
1 red onion
salt and freshly ground black pepper
chopped basil, to garnish

1-Toast the bread slices until golden brown on both sides. Leave to cool.

2-Mix together the cheese and pesto in a small bowl until well blended, then spread thickly on the toasted bread.

3-Using a large sharp knife, cut the beef tomato and red onion crossways into thin slices.

4-Arrange the tomato and onion slices, overlapping, on the toast and season with salt and pepper. Transfer to a grill rack and heat through under a hot grill. Serve, garnished with chopped basil.

COOK'S TIP
Almost any type of crusty bread can be used for this recipe, but Italian olive oil bread and French bread will give the best flavour.

STARTERS

Asparagus with Eggs

The addition of fried eggs and grated Parmesan turns asparagus into something special.

Ingredients:
Serves 4
450 g/1 lb fresh asparagus
65 g/2/2 oz/5 tbsp butter
4 eggs
60 ml/4 tbsp grated fresh Parmesan cheese
Salt and freshly ground black pepper

1-Cut off any woody ends from the asparagus. Peel the lower half of the spears by inserting a knife under the thick skin at the base and pulling up towards the tip. Wash the asparagus in cold water.

2-Bring a large pan of water to the boil. Boil the asparagus until just tender.

3-While the asparagus is cooking, Melt a third of the butter in a frying pan. When bubbling, break in the eggs and cook them until the whites have set but the yolks are still soft.

4-As soon as the asparagus is cooked, remove it from the water with two slotted spoons. Place it on a wire rack covered with a clean dish towel to drain.Divide the spears between warm individual serving plates. Place a fried egg on each and sprinkle with the grated Parmesan.

5-Melt the remaining butter in the frying pan. As soon as it is bubbling, but before it browns, pour it over the cheese and eggs on the asparagus. Season with salt and pepper and serve at once.

STARTERS

Curried Eggs

Hard-boiled eggs are served on a bed of mild, creamy sauce with a hint of curry.

Ingredients:

Serves 2

4 eggs
15 ml/ 1 tbsp sunflower oil
1 small onion, finely chopped
2.5 cm/1 in piece of fresh root ginger, peeled and grated
2.5 ml/ 1/2 tsp ground cumin
2.5 ml/ 1/2 tsp garam masala
7.5 ml/ 1 1/2 tsp tomato paste
10 ml/2 tsp tandoori paste
10 ml/2 tsp lemon juice
250 ml/8 fl oz/ 1/4 cup single cream
15 ml/ 1 tbsp chopped fresh coriander
salt and freshly ground black pepper
coriander sprigs, to garnish

1-Put the eggs in a pan of water Bring to the boil, lower the heat and simmer for 10 minutes.

2-Meanwhile, heat the oil in a frying pan. Cook the onion for 2-3 minutes. Add the ginger and cook for I minute more.

3-Stir the ground Cumin, garam masara, tomato paste, tandoori paste, lemon juice and cream. Cook for 1-2 minutes, then stir in the Coriander. Season with salt and pepper

4-Drain the eggs, remove the shells and cut each egg in half Spoon the sauce into a serving bowl, top with the eggs and garnish with coriander sprigs. Serve at once.

STARTERS

Roquefort Tartlets

These can be made in shallow bun tins to serve hot as a first course. You could also make them in tiny cocktail tins, to serve warm as appetizing bite-size snacks with a drink before a meal.

Ingredients:

Makes 12

175 g/ 6 oz/ l/2 cups plain flour
large pinch of salt
115 g/4 oz/8 tbsp butter
1 egg yolk
30 ml/2 tbsp cold water

For the filling
15 g/ 1/2 oz/1 tbsp butter
15 g/ 1/2 oz/2 tbsp flour
150 ml/ 1/4 pint/ 3 cup milk
115 g/4 oz Roquefort cheese, crumbled
150 ml/ 1/4 pint//3 cup double cream
2.5 ml/ 1/2 tsp dried mixed herbs
3 egg yolks
Salt and freshly ground black pepper

1-To make the pastry, sift the flour and salt into a bowl and rub the butter into the flour until it resembles breadcrumbs. Mix the egg yolk with the water and stir into the flour to make a soft dough. Knead until smooth, wrap in clear film and chill for 30 minutes. (You can also make the dough in a food processor.)

2-In a saucepan, melt the butter, 2stir in the flour and then the milk. Boil to thicken, stirring continuously. Off the heat, beat in the cheese and season with salt and pepper. Cool. In another saucepan, bring the cream and herbs to the boil and cook until the liquid has reduced to 30 ml/2 tbsp. Beat into the cheese sauce with the eggs.

3-Preheat the oven to 190oC/375oF/Gas 5. On a lightly floured work surface, roll out the pastry to 3 mm//8 in thick. Stamp out rounds with a fluted cutter and use to line your chosen bun tins.

4-Divide the filling between the tartlets; they should be filled or two-thirds full. Stamp out smaller fluted rounds or star shapes for the tops and lay on top of each tartlet.
Bake for 20-25 minutes, or until golden brown.

STARTERS

New Spring Vegetable Salad

This chunky salad make a satisfying meal. Use other spring vegetables, if you like.

Ingredients:
Serves 4
675 g/ 1 ½ lb small new potatoes, halved
4OOg/14oz can broad beans, drained
115 g/4 oz cherry tomatoes
75 g/3 oz/l/2 cup walnut halves
30 ml/2 tbsp white wine vinegar
15 ml/1 tbsp wholegrain mustard
60 ml/ 4 tbsp olive oil
pinch of sugar
225 g/8 oz young asparagus spears, trimmed
6 spring onions, trimmed
salt and freshly ground black pepper
baby spinach leaves, to serve

1-Put the potatoes in a saucepan. Cover with cold water and bring to the boil. Cook for 10-12 minutes, until tender. Meanwhile, put the broad beans in a bowl. Cut the tomatoes in half and add them to the bowl with the walnuts.

2-Put the white wine vinegar, mustard, olive oil and sugar into a jar. Season with salt and pepper. Close the jar tightly and shake well.

3-Add the asparagus to the potatoes and cook for 3 minutes more. Drain the cooked vegetables well. Cool under cold running water and drain again.

4-Add the asparagus, potatoes and spring onions to the bowl containing the broad bean mixture. Pour the dressing over the salad and toss well. Serve on a bed of baby spinach leaves. Thickly slice the potatoes and cut the spring onions in half.

STARTERS

Fresh Spinach and Avocado Salad

Young, tender spinach leaves make a change from lettuce and are delicious served with avocado, cherry tomatoes and radishes in a tofu sauce.

Ingredients:
Serves 2-3
1 large avocado
Juice of 1 lime
225 g/8 oz fresh baby spinach leaves
115 g/4 oz cherry tomatoes
4 spring onions, sliced
1/2 cucumber

50 g/2 oz radishes, sliced

For the dressing
115 g/4 oz soft silken tofu
45 ml/3 tbsp milk
10 ml/2 tsp prepared mustard
2.5 ml/l/2tsp white wine vinegar
Pinch of cayenne, plus extra to serve
Salt and freshly ground black pepper

1-Cut the avocado in half, remove the stone, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle over the lime juice, and set aside.

2-Wash and dry the spinach leaves. Put them in a mixing bowl.

3-Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the spring onions. Cut the cucumber into chunks, and add to the bowl with the sliced radishes.

4-Make the dressing. Put the tofu, milk, mustard, wine vinegar and cayenne in a food processor or blender. Add salt and pepper to taste. Process for 30 seconds until smooth. Scrape the dressing into a bowl, and add a little extra milk if you like a thinner dressing. Sprinkle with a little extra cayenne, and garnish with radish roses and herb sprigs.

COOK'S TIP
Use soft, silken tofu rather than the firm block variety. It can be found in most supermarkets in long-life cartons.

STARTERS

Sweet and Sour Peppers with Pasta Bows

A zesty dressing makes this simple pasta salad really special.

Ingredients:
Serves 4-6
1 each red, yellow and orange pepper
1 garlic clove, crushed
30 ml/2 tbsp capers
30 ml/2 tbsp raisins
5 ml/1 tsp wholegrain mustard
Grated rind and juice of 1 lime
5 ml/1 tsp runny honey
30 ml/2 tbsp chopped fresh coriander
225 g/8 oz pasta bows
Salt and freshly ground black pepper
Shavings of Parmesan cheese, to serve (optional)

1-Quarter the peppers and remove the stalks and seeds. Put into boiling water and cook for 10-15 minutes, until tender. Drain and rinse under cold water. Peel away the skins and seeds and cut the flesh lengthways into strips.

2-Put the garlic, capers, raisins, mustard, lime rind and juice, honey and coriander into a bowl. Season with salt and pepper and whisk together.

3-Cook the pasta in a large pan of boiling salted water for 10-12 minutes, until tender. Drain thoroughly.

4-Return the pasta to the pan, add the peppers and dressing. Heat gently and toss to mix. Transfer to a warm serving bowl. Serve with a few shavings of Parmesan cheese, if using.

STARTERS

Bulgur Wheat and Broad Bean Salad

This appetizing salad is ideal served with fresh crusty wholemeal bread and home-made chutney or pickle.

Ingredients:
Serves 6
350 g/ 12 oz/2 cups bulgur wheat
225 g/8 oz frozen broad beans
115 g/4 oz/1 cup frozen petit pois
225 g/8 oz cherry tomatoes, halved
1 Spanish onion, chopped
1 red pepper, seeded and chopped
50 g/2 oz mangetouts, chopped
50 g/2 oz watercress
15 ml/1 tbsp chopped fresh parsley
15 ml/ 1 tbsp chopped fresh basil
15 ml/ 1 tbsp chopped fresh thyme
French dressing
Salt and freshly ground black pepper

1-Soak and cook the bulgur wheat according to the package instructions. Drain thoroughly and put into a serving bowl.

2-Meanwhile, cook the broad 2beans and petit pois in boiling water for 3 minutes. Drain and add to the prepared bulgur wheat.

3-Add the cherry tomatoes, onion, pepper, mangetouts and watercress to the bulgur wheat mixture. Toss well together in the bowl until all the ingredients are well-combined.

4-Add the chopped fresh parsley, basil and thyme and French dressing to taste. Season with salt and pepper and toss the ingredients together. Serve immediately or cover and chill in the refrigerator before serving.

COOK'S TIP

Use cooked couscous, boiled town rice or wholewheat pasta in place of the bulgur wheat.

STARTERS

Sweet and Sour Artichoke Salad

Agrodolce is a sweet and sour sauce which works perfectly in this salad.

Ingredients:
Serves 4
6 small globe artichokes
Juice of 1 lemon
30 ml/2 tbsp olive oil
2 medium onions, roughly chopped
175 g/6 oz/1 cup fresh or frozen broad beans (shelled weight)
175 g/6 oz/1'/2 cups fresh or frozen peas (shelled weight)
salt and freshly ground black pepper
fresh mint leaves, to garnish

For the salsa agrodolce
120 ml/4 fl oz//2 cup white wine vinegar
15 ml/ 1 tbsp caster sugar
handful fresh mint leaves, roughly torn

1-Peel the outer leaves from the artichokes and cut into quarters. Place them in a bowl of water with the lemon juice.

2-Heat the oil in a large saucepan and cook the onions until golden. Add the beans and stir.

3-Drain the artichokes and add them to the pan. Pour in about 300 ml/1/2 pint/ 1 1/4 cups of water and cover. Simmer gently for 10-15 minutes.

4-Add the peas, season with salt and pepper and cook for a further 5 minutes, stirring from time to time, until the vegetables are tender.

5-Strain the vegetables through a sieve and place them in a bowl. Leave to cool, then cover and chill in the refrigerator.

6-To make the salsa, mix all the ingredients in a pan. Heat gently until the sugar has dissolved. Simmer for 5 minutes. Leave to cool. Drizzle over the salad. Garnish with mint leaves.

STARTERS

Spanish Asparagus and Orange Salad

Complicated salad dressings are rarely found in Spain - they simply rely on the wonderful flavour of a good quality olive oil

Ingredients:
Serves 4
225 g/8 oz asparagus, trimmed and cut into 5 cm/2 in pieces
2 large oranges
2 tomatoes, cut into eighths
50 g/2 oz romaine lettuce leaves, shredded
30 ml/2 tbsp olive oil
2.5 ml/ 1/2tsp sherry vinegar
salt and freshly ground black pepper

1-Cook the asparagus in boiling salted water for 3-4 minutes, until just tender. Drain and refresh under cold water.

2-Grate the rind from half an 2orange and reserve. Peel both the oranges and cut into segments. Squeeze out the juice from the membrane and reserve the juice.

3-Put the asparagus, orange segments, tomatoes and lettuce into a salad bowl. Mix together the oil and vinegar and add 15 ml/ I tbsp of the reserved orange juice and 2.5 ml/ 1 tsp of the rind. Season the dressing with salt and pepper. Just before serving, pour the dressing over the salad and mix gently to coat.

COOK'S TIP
Cos or Little Gem lettuce can be used in place of romaine.

STARTERS

Grilled Goat's Cheese Salad

Here is the salad and cheese course on one plate - or serve it as a quick and satisfying starter or light lunch. The fresh tangy flavour of goat's cheese contrasts with the mild salad leaves.

Ingredients:
Serves 4
2 firm round whole goat's cheeses, such as Crottin de Chavignol (about 65-115 g/2 1/2-4 oz each)
4 slices French bread
Olive oil, for drizzling
175 g/6 oz mixed salad leaves, including soft and bitter varieties
Snipped fresh chives, to garnish

For the dressing
1/2 clove garlic

5 ml/ 1 tsp Dijon mustard
5 ml/1 tsp white wine vinegar
5 ml/ 1 tsp dry white wine
45 ml/3 tbsp olive oil
salt and freshly ground black pepper

1-To make the dressing, rub a large salad bowl with the cut side of the garlic clove. Combine the mustard, vinegar, wine, salt and pepper in a bowl. Whisk in the oil, 15 ml/ 1 tbsp at a time, to form a thick vinaigrette.

2-Cut the goat's cheeses in half crossways using a sharp knife.

3-Preheat the grill to hot. Arrange the bread slices on a baking sheet and toast on one side. Turn over and place a piece of cheese, cut side up, on each slice. Drizzle with oil and grill until the cheese is lightly browned.

4-Add the leaves and the dressing to the salad bowl and toss to coat the leaves thoroughly. Divide the salad among four plates, top each with a goat's cheese crouton
and serve, garnished with chives.

STARTERS

Tomato and Feta Cheese Salad

Sweet sun-ripened tomatoes are rarely more delicious than when served with feta cheese and olive oil. This salad, popular in Greece and Turkey, is enjoyed as a light meal with pieces of crispy bread.

Ingredients:
Serves 4
900 g/2 lb tomatoes
200 g/7 oz feta cheese
120 ml/4 fl oz/ 1/2 cup olive oil, preferably Greek
12 black olives
4 sprigs of fresh basil freshly ground black pepper

1-Remove the tough cores from the tomatoes with a small sharp knife.

2-Slice the tomatoes thickly and arrange in a shallow dish.

3-Crumble the cheese over the tomatoes, sprinkle with olive oil, then strew with olives and fresh basil. Season with black pepper and serve at room temperature.

COOK'S TIP
Feta cheese has a strong flavour and can be salty. The least salty variety is imported from Greece and Turkey and is available from specialist delicatessens.

STARTERS

Rocket, Pear and Parmesan Salad

For a sophisticated start to an elaborate meal, try this simple salad of honey-rich pears, fresh

Parmesan and aromatic leaves of rocket.

Ingredients:
Serves 4
3 ripe pears, Williams or Packhams
10ml/2tsp lemon juice
45 mi/3 tbsp hazelnut or walnut oil
115 g/4 oz rocket
75 g/3 oz Parmesan cheese
freshly ground black pepper
open-textured bread, to serve

1-Peel and core the pears and slice thickly. Moisten with lemon juice to keep the flesh white.

2-Combine the nut oil with the pears. Add the rocket leaves and toss.

3-Turn the salad out on to 4 small plates and top with shavings of Parmesan cheese. Season with freshly ground black pepper and serve with open- textured bread.

COOK'S TIP
If you are unable to buy rocket easily, you can grow your own from early spring to late summer.

STARTERS

Tomato, Spring Onion and Coriander Salad

Known as Cachumbar, this salad relish is most commonly served with Indian curries. There are many versions, and this one will leave your mouth feeling cool and fresh after a spicy meal

Ingredients:
Serves 4
3 ripe tomatoes
2 spring onions, chopped
1.5 ml/ 1/4 tsp caster sugar
45 ml/3 tbsp chopped fresh coriander
Salt.

1-Remove the tough cores from the tomatoes with a small sharp knife.

2-Halve the tomatoes, remove the seeds and dice the flesh.

3-Combine the tomatoes with the spring onions, sugar, chopped coriander and salt.
Serve at room temperature

COOK'S TIP
This refreshing salad also makes a fine filler for pitta bread with hummus.

STARTERS

Artichoke Pasta Salad

Broccoli and black olives add colour to this delicious salad.

Ingredients:
Serves 4
105 ml/7 tbsp olive oil
1 red pepper, quartered, seeded, and thinly sliced
1 onion, halved and thinly sliced
5 ml/ 1 tsp dried thyme
45 ml/3 tbsp sherry vinegar
450g / 1 lb pasta shapes, such as penne or fusilli
2 x 175g/6oz jars marinated artichoke hearts, drained and thinly sliced
150g/5oz cooked broccoli, chopped
20-25 salt-cured black olives, stoned and chopped
30ml/2 tbsp chopped fresh parsley
salt and ground black pepper

1-Heat 30ml/2 tbsp of the olive oil in a non-stick frying pan Add the red pepper and onion and cook over a low heat until just soft, about 8-10 minutes, stirring from time to time.

2-Stir in the thyme, 1.5ml/'/4 tsp salt and the vinegar. Cook, stirring, for a further 30 seconds, then set aside.

3-Cook the pasta in plenty of boiling salted water according to the instructions on the packet until *al dente*. Drain, rinse with hot water, then drain again. Transfer to a large bowl. Add 30ml/2 tbsp of the oil and toss well to coat thoroughly.

4-Add the artichokes, broccoli, olives, parsley, onion mixture and remaining oil to the pasta. Season with salt and pepper. Stir to blend. Leave to stand for at least 1 hour before serving or chill overnight. Serve the salad at room temperature.

soups

Section: Soups
Title: Grilled Vegetable Terrine
Serves: 6
Ingredients:

2	Large red peppers, quartered, cored and seeded
2	Large yellow peppers, quartered, cored and seeded
1	Large aubergine, sliced lengthways
2	Large courgettes, sliced lengthways
90	ml/6 tbsp olive oil
1	Large red onion, thinly sliced
75 g	/3 oz ½ cup
15 ml	/1 tbsp tomato puree
15 ml	/1 tbsp red wine vinegar
400 ml	/14 fl oz 1 2/3 cups tomato juice
15 g	/1/2 oz/2 tbsp vegetarian gelatine

fresh basil leaves, to garnish

for the dressing:

90 ml	/ 6 tbsp olive oil
30 ml	/ 2 tbsp red wine vinegar

salt and freshly ground black pepper

Directions:

1. Place the peppers skin side up under a hot grill and cook until blackened. Put in a bowl. Cover
2. Arrange the aubergine and courgette slices on separate baking sheets. Brush them with oil and cook under the grill.
3. Heat the remaining olive oil in a frying pan. Add the onion, raisins, tomato puree and red wine vinegar. Cook until soft.
4. Line a 1.75 littre/3 pint / 7 ½ cup terrine with clear film
5. Pour half the tomato juice into a sauce pan. Sprinkle with the gelatine. Dissolve over a low heat.
6. Layer the red peppers in the terrine, and cover with some of the tomato juice and gelatine. Add the aubergine, courgettes, yellow peppers and onion mixture.
7. Pour tomato juice over each layer of vegetables and finish with another layer of red peppers.
8. Add the remaining tomato juice to any left in the pan and pour into the terrine. Give the terrine a sharp tap, to disperse the juice. Cover and chill in the refrigerator until set.
9. To make the dressing, whisk together the oil and vinegar. Season with salt and pepper.
10. Turn out the terrine and remove the clear film. Serve in thick slices, drizzle with dressing. Garnish with basil leaves.

Section: Soups
Title: Wild Mushroom Soup
Serves: 4
Ingredients:

25g/1oz/2 cups dried porcini mushrooms.
30ml/2 tbsp butter
2 leeks, thiny sliced
2 shallows, rouhly chopped
225 g/8 oz fresh wild mushrooms
about 1.2 liters/ 2 pints/ 5 cups vegetable stock.
2.5 ml/l/2 tsp dried thyme
150 ml/l/4 pint/l/1 cup double cream
salt and freshly ground black pepper
sprigs of fresh thyme, to garnish

Directions:
1- Put the dried porcini in a bowl, add 250 ml/8 fl oz/1 cup warm water and leave to soak for 20-30 minutes Lift out of the liquid and squeeze over the bowl to remove as much of the soaking liquid as possible. Strain all the liquid and a reserve to use later. Finely chop the porcini

2- Heat the oil and butter in a large saucepan until foaming Add the sliced leeks, chopped shallots and garlic and cook gently for about 5 minutes, stirring frequently, until softened but not coloured

3-Chop or slice the fresh mushrooms and add to the pan. Stir over a medium heat for few minutes until they begin to soften. Pour in the stock and bring to the boil Add the porcini soaking liquid, dried thyme and salt and pepper. Lower the heat half cover the pan and simmer gently for 30 minutes, stirring occasionally.

4- Pour about three-quarters of the soup into a blender or food processor and process until smooth. Return the processed soup to the soup remaining in the pan, stir in the cream and heat through. Check the consistency and add more stock if necessary. Season with salt and pepper Serve hot, garnished with thyme sprigs

COOK'S TIP: Porcini are ceps. Italian cooks would make this soup with a combination of fresh and dried ceps, but if fresh ceps are difficult to obtain, you can use other wild mushrooms such as chanterelles

Section: SOUPS

Title: Tomato And Fresh Basil Soup

Serves: 4-6

Ingredients.
150 ml/ 1 tbsp Olive Oil
25 gr/ 1 oz/ 2 tbsp Butter
1 medium Onion, finely chopped
900 gr/ 2 lbs ripe Italian Pump Tomatoes, roughly chopped
About 750 ml/ 1 ¼ pints/ 3 cups vegetable stock.
12m ml/ 4 fl oz/ ½ cup Dry White Wine
300 ml/ 2 tbsp sun-dried Tomato Paste
300 ml/ 2 tbsp shredded fresh Basil

150 ml/ ¼ pint/ 2/3 cup Double Cream
Salt and freshly ground black pepper
Whole Basil leaves, to garnish.

Directions:
1-Heat the Oil and Butter in a large saucepan until foaming. Add the Onion and cooke gently for about 5 minutes, stirring, until the onion is softened but not brown.

2-Stir in the chopped tomatoes and garlic, then add the stock, white wine and sun-dried tomato paste, with salt and pepper to taste. Bring to the boil, then lower the heat, half cover the pan and simmer gently for 20 minutes stirring occasionally to stop the tomatoes sticking to the base of the pan.

3-Process the soup with the shredded basil in a blender or food processor, then press through a sieve into a clean pan

4-Add the double cream and heat through, stirring. Do not, allow the soup to approach boiling point. Check the consistency and add more stock if necessary then season with salt and pepper. Pour into heated bowls and garnish with basil. Serve at once.

Section: SOUPS

Title: Cream of Courgette Soup

Serves: 4-6
Ingredients:
30 mi/2 tbsp Olive oil
15 g/ ½ oz/ 1 tbsp Butter.
1 medium Onion, roughlv chopped
900 g/2 lb courgettes, trimmed and sliced
5 ml/ 1 tsp dried Oregano
about 600 /1 pint/2 1/2 cup vegetable stock

Directions:
1- Heat the oil and butter in a large saucepan until foaming. Add the onion and cook gently for about 5 minutes, stirring frequently, until softened but not brown.

2-Add the courgettes and 2oregano with salt and pepper to taste. Cook over a medium heat for 10 minutes, stirring frequently. Pour in the stock and bring to the boil, stirring

3-Lower the heat, half cover the and simmer gently, stirring occasionally, for about 30 minutes. Stir in the diced dolcelatte until melted.

4-Process the soup in a blender or food processor until smooth, then press through a sieve, into a clean pan.

5-Add two-thirds of the cream, 5and stir over a low heat until hot, but not boiling. Add more vegetable stock or water if the soup is too thick. Season with salt and pepper. Pour into heated

bowls. Swirl in the remaining cream. Serve, garnished with oregano, extra cheese, cream and pepper.

COOK'S T I P To save time, trim off and discard the courgettes, cut them into thirds, then chop in a food processor fitted with a metal blade.

Section: SOUPS
Title: Garlic, Chick-pea and Spinach Soup
Serves: 4
Ingredients:
30 ml/2 tbsp Olive oil
4 Garlic Cloves, crushed
1 onion, roughly chopped
10 mil/2 tsp ground Cumin
10 ml/2 tsp ground Coriander
1.2 litres/2 pints/5 cups Vegetable Stock
350 g/ 1 2 oz potatoes, peeled and finely chopped
425 g/15 oz can chick-peas, drained
15 mi/1 tbsp cornflour
150 ml/l/4 pint/2/3 cup double cream
30 nil/2 tbsp light Tahini (sesame seed paste)
200 g/7 oz spinach, shredded cayenne pepper
Salt and freshly ground black pepper

Directions:
1-Heat the oil in a large saucepan and cook the garlic and onion for 5 minutes, or until they are softened and golden brown.

2-Stir in the cumin and coriander and cook for a further minute.

3-Pour in the stock and add the chopped potatoes to the pan. Bring to the boil and simmer for10 minutes. Add the chick-peas and simmer for a further minutes, or until the potatoes and chick-peas are just tender

4-Blend together the cornflour, cream, tahini and plenty of seasoning. Stir into the soup with the spinach. Bring to the boil, and simmer for a further 2 minutes. Season with cayenne pepper, salt and black pepper Serve immediately, sprinkled with a little cayenne pepper

Section: SOUPS
Title: Classic French Onion Soup
Serves: 4
Ingredients:
4 large onions
30 mi/2 tbsp sunflower or olive oil, or15ml/I tbsp of each
25 g/l oz/2 tbsp butter
900 ml/11/2pints/3 3/4 cups vegetable stock

4 slices French bread
40-50 gl 1 1/2-2 oz Gruyere or Cheddar cheese, grated
Salt and freshly ground black pepper

Directions:
1-Peel and quarter the onions slowly and carefully, the onions and slice or chop them into 5 mm/ ¼ in pieces. Heat the oil and butter in a deep saucepan, preferably with a medium-size base so that the onions form a thick layer.

2-Fry the onions briskly for a few minutes, stirring constantly.

3-Reduce the heat and cook gently for 45-60 minutes. At first, the onions need to be stirred only occasionally but as they begin to colour, stir frequently. The colour of the onions gradually turns golden and then more rapidly to brown, so take care to stir constantly at this stage so that they do not burn on the base

4-When the onions are a rich mahogany brown, add the vegetable stock and a little seasoning. Simmer, partially covered, for 30 minutes, then season with salt and pepper.

5-Preheat the grill and toast the French bread. Spoon the soup into four ovenproof serving dishes and place a piece of bread in each. Sprinkle with the cheese and grill for a few minutes until golden. Season with plenty of freshly ground black pepper.

Section: SOUPS
Title: White Bean Soup
Serves: 6
Ingredients:
350 g/ 12 oz/1 1/2 cups dried cannellini or other white beans
1 bay leaf
75 ml/5 tbsp Olive oil
1 medium Onion, finely chopped
1 Carrot, finely chopped
1 stick Celery, finely chopped
3 medium Tomatoes, peeled and finely chopped
2 cloves Garlic, finely chopped
5 ml/ I tsp fresh thyme leaves or 2.5 ml/ 1/2 tsp dried thyme
750 ml/1 1/4 pints/3 cups boiling water
Salt and freshly ground black pepper
Olive oil, to serve

Directions:
1-Pick over the beans carefully, discarding any stones or other particles. Rinse thoroughly in cold water to ensure that they are clean. Soak in a large bowl of cold water overnight. Drain the beans and place them in a large saucepan of water, bring to the boil and cook for 20 minutes. Drain. Return the beans to the pan, cover with cold water and bring to the boil again. Add the bay leaf

and cook until the beans are tender for approximately 1-2 hours. Drain again. Remove the Bay leaf.

2-Puree about three-quarters of the beans in a food processor or pass through a food mill, adding a little water if necessary, to create a smooth paste.

3-Heat the oil in a large saucepan. Stir in the onion and cook until it softens. Add the carrot and celery, and cook for 5 minutes more.

4-Stir in the tomatoes, garlic and thyme. Cook for 6-8 minutes more, stirring often.

5-Pour in the boiling water. Stir in the beans and the bean puree. Season with salt and pepper. Simmer for 10-15 minutes. Serve in individual soup bowls, sprinkled with a little olive oil.

COOK'S TIP
Other types of canned cooked beans, such as canneuini or borlotti, may be substituted in this recipe. Simply drain the beans and omit Step 1.

Section: SOUPS
Title: Asparagus Soup
Serves: 4
Ingredients:
450 g/l lb young Asparagus
40g/1 1/2oz/3 tbsp Butter
6 Shallots, sliced
15 g/ l/2oz/ 1 tbsp plain Flour
600 ml/ 1 pint/2 1/2cups Vegetable stock or water
15 ml/ 1 tbsp lemon juice
250 ml/8 fl oz/1 cup milk
120 rnl/4 fl oz/l/2cup single Cream
10 ml/2 tsp chopped fresh Chervil
salt and freshly ground black pepper

Directions:
1-Cut 4 cm/ 1 1/2 in off the tops of half the asparagus and set aside for a garnish. Slice the remaining asparagus.
2-Melt 25 g/1 oz/2 tbsp of the butter in a large saucepan and fry the sliced shallots for 2-3 minutes until soft.

3-Add the asparagus and fry over low heat for about 1 minute.

4-Stir in the flour and cook for 1 minute. Stir in the stock or water and lemon juice and season with salt and pepper. Bring to the boil, half cover the pan, then simmer for 15-20 minutes, until the asparagus is very tender.

5-Cool slightly and then process the soup in a food processor or blender until smooth. Press thepureed asparagus through a sieve into a clean saucepan. Add the milk by pouring and stirring it through the sieve with the asparagus so as to extract the maximum amount of asparagus puree.

6-Melt the remaining butter and 6 fry the reserved asparagus tips gently for 3-4 minutes to soften.

7-Heat the soup gently for 3-4 7minutes. Stir in the cream and the asparagus tips. Continue to heat gently and serve sprinkled with chopped fresh chervil.

Section: Soups
Title: Chilled Vegetable - Avocado Soup

- 1-15 oz can spicy chili beans, undrained
- 12 oz canned vegetable juice
- 1/4 cup lime juice
- 1 large tomato, chopped
- 1 medium avocado, cut into cubes
- 1/2 cup chopped celery
- 1 tablespoon chopped parsley
- 1/2 teaspoon chili powder
- 2 tablespoons nonfat sour cream

Combine all ingredients, except sour cream in a large bowl. Mix well, cover and refrigerate for one hour. Serve with a dollop of sour cream. As prepared, 11/4 cups equals 264 calories, 11g fat. From Shape magazine.

You can also: Substitute black beans for chili beans, V-8 in glass instead of a can, and Tabasco for chili powder. Omit the avocado if you are watching the fat grams. Add 1 tablespoon of fresh chopped cilantro. Adjust for taste. Refreshing on hot days, an excellent filler food for snacking.

Chunky Vegetable Soup

- 2 teaspoons vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 7 cups water
- 1 tablespoon dried basil
- 3/4 teaspoon salt
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon pepper
- 1 pound red potatoes, cut in 1 inch cubes
- 1/2 pound small carrots, cut in one inch pieces
- 1 (15 oz) can cannellini or other white beans, drained
- 1 can whole tomatoes, undrained and chopped
- 1 (10 oz) package frozen lima beans

- 1/2 cup cooked orzo (rice shaped pasta)
- 1/2 cup shredded part-skim mozzarella cheese

1. Coat a large Dutch oven (big soup pot) with cooking spray, add oil, and place over medium heat until hot.
2. Add onion and garlic, sauté 5 minutes or until tender
3. Add water and next 9 ingredients (water through lima beans); bring to a boil
4. Cover, reduce heat and simmer 20 minutes. Add orzo, cook uncovered another 10 minutes

Ladle in individual bowls, sprinkle with cheese. From Cooking Light Magazine.

Leeway: Add 3 chicken boullion cubes, or use defatted chicken broth instead of water. I have substituted kidney beans for white beans, and pearl barley for orzo for a different variation that we seem to like better. If you use barley, add it when you put in the water, it requires more cooking time. You may need to simmer longer. This soup always tastes great on a cold day after a long run. It can last up to a week in an airtight container, or be frozen for three months. Soup makes an excellent meal in itself, especially when you want a light dinner.

Hot and Sour Soup

- 1/4 pound pork loin, shredded pork
- 3 teaspoons cornstarch
- 1 teaspoon sherry
- 2 dried black mushrooms
- 1/4 cup dried wood ears
- 1/4 cup dried lily buds
- 1/2 cup cold water
- 1/2 cup bamboo shoots, shredded
- 1 tablespoon light soy sauce
- 6 cups chicken broth
- 2-4 tablespoons rice wine vinegar, (to taste)
- 1/4 teaspoon white pepper, (to taste)
- 2 tablespoons dark soy sauce
- 1/2 cup low-fat firm tofu, cut in 1" cubes
- 1/4 egg substitute, (two egg whites = 1/4 cup egg substitute)
- Tabasco sauce to taste (optional)
- 1 teaspoon sesame oil
- 2 teaspoons chopped scallions

1. Mix the pork with sherry and 1 teaspoon of the corn starch. Cover and soak wood ears, mushrooms, and tiger lilies with boiling water for 15 minutes. Slice the mushrooms and wood ears into strips.
2. Mix the remaining cornstarch with the 1/2 cup of cold water and set aside. In a large soup pot, bring chicken broth and soy sauce to a simmer. Add the pork, mushrooms, wood ears, tiger lilies,

bamboo shoots, and light soy sauce and cook for about 5 minutes.
3. Add vinegar, white pepper, and tofu. As soon as the soup begins to boil, stir in the well-stirred cornstarch mixture until the soup thickens.
4. Add the tabasco sauce, if using. Mix in the beaten eggs, stirring constantly.
5. Taste the soup and adjust the vinegar, tabasco, soy sauce and white pepper combination to your taste. Add the sesame oil and scallions.

New England Fish Chowder

- 2 tablespoons margarine
- 3 tablespoons shredded carrot
- 2 tablespoons diced celery
- 2 tablespoons minced fresh onion
- 2 tablespoons plus 1 teaspoon all-purpose flour
- 3 1/2 cups skim milk, divided
- 2 cups diced peeled baking potato
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound cod or other lean white fish fillets, cut into 1-inch pieces

1. Melt margarine in a saucepan over medium heat. Add carrot, celery, and onion; sauté 2 minutes.
2. Stir in flour; gradually add 2 1/2 cups milk, stirring constantly with a whisk.
3. Add potato, salt, and pepper; bring to a boil. Reduce heat. Simmer, uncovered, 30 minutes; stir occasionally.
4. Add fish and 1 cup milk; cook an additional 10 minutes or until fish is done.

Serve with oyster crackers, if desired.

New Year's Tortilla Soup

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 cup diced red bell pepper
- 1/2 cup minced cilantro
- 1 1/2 cups diced tomato
- 2 jalepeno peppers, seeded and minced
- 2 teaspoons red chile powder
- 1 teaspoon crushed cumin seeds
- 1/2 teaspoon crushed coriander seeds

- 1 teaspoon salt
- Pepper to taste
- 1 cup drained hominy
- 1 quart chicken broth
- 5 corn tortillas, misted on both sides with oil

1. Heat the oil in a heavy 3-quart pot.
2. Add the chicken and sauté until lightly browned.
3. Add the onion and sauté until softened. Stir in the garlic, pepper, cilantro, tomato, jalapenos, seasonings and hominy.
4. Cook for a couple of minutes to concentrate flavors.
5. Add the broth and simmer for 20 minutes.
6. Cut the tortillas in strips and bake in a preheated 375 degree oven until crisp, about 10 to 12 minutes.
7. Crush half of the tortillas and stir into the soup. Simmer for 15 minutes.
8. Ladle the soup into bowls and garnish with the remaining tortilla strips.

Spiced Carrot and Celery Soup

Colourful, lively and warming - nice served with some vegan naan bread - in the UK, the Co-op makes these.

Ingredients:

1 tabespoon of olive oil
1 large onion, chopped
2 cloves of garlic, chopped
1 teaspoon of curry powder
6 medium carrots, roughly chopped
4 large sticks of celery, cut into pieces
2 pints/4 cups/1200ml of water
seasalt to taste

Fry the onion and garlic in the oil for a few minutes and then add the curry powder and stir to release the flavours. Add the carrots, celery and water and cook gently until the vegetables are tender. Whizz up in a liquidiser/blender until smooth and add salt.

Minted Noodle Soup

Although a hot dish it is nice for summer days as the mint is refreshing. This does make a large pot - it worked out well for a family of four to have over two lunches, storing it in the fridge overnight.

Ingredients:

250g/6oz (half a standard pack) of spaghetti
approx 9 or 10 cups of water/about 4 pints
4 cloves of garlic, very finely chopped

1 large onion, chopped
5 sticks of celery, diced quite small
a good handful of fresh mint (or 3 teaspoons of dried)
seasalt to taste

Break the spaghetti up into small pieces (about 6 cm./2 inches long) into a large saucepan. Cover with the water and turn up the heat to full. Bring to the boil while you prepare and add the other ingredients with the exception of the mint. Once boiling turn down to simmer for about 15 minutes until everything is cooked. Add the mint and cook for a further 2 or 3 minutes and serve sprinkled with generous amounts of chopped fresh parsley (optional but it was really good!).

Lentil, Garlic and Rosemary Soup
A cleansing and fortifying soup for the winter, combining the immune boosting properties of garlic and rosemary with the nutritious content of the lentils and carrots (zinc, iron and carotenes) . This recipe makes a large pot of soup - will feed 6 people at 2 sittings or you could freeze half for later.

Ingredients:
500g/12oz/2 cups of red lentils
approx 9 or 10 cups of water
1 whole bulb of garlic, peeled and finely chopped
either a large sprig of fresh rosemary, finely chopped or two teaspoons of dried
4 medium carrots diced quite small
seasalt to taste

Place the lentils in a large saucepan and cover with the water - bring to the boil while preparing the other ingredients. Reduce to a simmer and add the garlic, rosemary and carrots. Cook for a further 20 minutes until everything is ready and add the salt.

Yellow Split Pea Soup
A simple warming, filling soup for winter days.

Ingredients:
2 cups of dried yellow split peas, washed and soaked in water overnight
5 or 6 cups of water
1 large onion, chopped
3 carrots, chopped small
1 small turnip (or neep!) cut into small cubes
Salt and pepper to taste

Place the split peas in a large saucepan and cover well with water. Bring to the boil, reduce to a simmer and cook for about an hour or until the peas are soft and starting to go a bit mushy. Add the onion, carrots and neep and cook for a further 20 minutes until everything is tender. Season and enjoy with wholemeal bread...

Vegetable and Barley Soup
Chunky meal of a soup

Ingredients:
5 or 6 large potatoes, peeled and cubed
2 leeks cut into round slices
3 carrots, roughly chopped
5 celery sticks, cut onto chunks
1 cup of dried pearl barley
2 heads of swiss chard (or similar green leaf such as leaf beet or a couple of handfuls of spinach), chopped
enough water to cover
Salt and pepper to taste

Very simple to prepare this one! Place all your vegetables except the chard in a large pan with the barley. Cover well with water, boil and simmer until everything is cooked. Add the chard and salt and cook for another 5 minutes.

Leek, Potato and Pea Soup
A chunky, filling winter soup. These quantities make a large pan of soup - they can easily be reduced by half if desired.

Ingredients:
2 tablespoons of sunflower oil
2 medium leeks, sliced widthways into thin round slices
2 or 3 cloves of garlic (crushed, optional)
6-8 large potatoes, cut into chunks (about 2 or 3 cm.)
2 tablespoons of white flour
1 cup of frozen peas
5 or 6 cups of water
Salt and pepper to taste

Cook the leeks and garlic, if using, in the sunflower oil for a few minutes then stir in the flour. Add one cup of water and stir well to blend. Add the potatoes and the rest of the water (you may need to adjust the quantity slightly - make sure all the vegetables are well covered). Bring to the boil, stirring occasionally to prevent sticking, and then turn down to simmer until the potatoes are just about cooked. Finally add the peas and cook for a further few minutes until tender. Season to taste.

Sweet Potato and Tomato soup
This soup is rich in vitamins A, C and E and also quite high in iron. If topped with pasta or rice it is also a good source of protein and carbohydrate.

Ingredients:
A little olive oil

1 onion
2 or 3 cloves of garlic (optional)
2 or 3 large sweet potatoes (the pink fleshed variety), peeled and roughly chopped
1 tin of tomatoes (approx. 400g/12oz)
Salt and pepper to taste

Fry the onion and garlic in the olive oil for a few moments. Add the sweet potatoes and tomatoes and simmer until the potatoes are just tender. Add the salt and pepper and liquidise until smooth. My family loves this soup with some whole-wheat pasta and fresh herbs on top, but you could also use rice or just have it on it's own with some bread.

Peppery Pumpkin Soup
This is a recipe that we almost always have at Halloween - we scrape out as much pumpkin flesh as we can before making the lantern!

Ingredients:
2 onions, chopped
A little vegetable oil or vegan margarine
The flesh of 1 pumpkin
3 to 4 cups of soya milk
seasalt to taste
freshly ground black or mixed pepper to taste (we like lots)

Fry the onion in the oil or margarine for a few minutes until soft then add the pumpkin and salt and cook for a further few minutes. Add the soya milk and bring to the boil - reduce heat and simmer gently until the pumpkin flesh is soft. Place the soup in a liquidiser and blend until smooth and frothy. Add the pepper - we find it a good idea to let everyone add their own.

Basic 'tattie' (potato) soup
This is so basic it hardly constitutes a 'recipe'! It is very simple and fairly bland - children love it.

Ingredients:
Onions (1 or 2), chopped
A little sunflower oil
Potatoes (2 lb/1 kilo/6 cups), cut into chunks
Carrots (about 1 lb/450g/3 cups), cut into chunks
Turnip (8oz/200g/1 cup) - optional
Kale (or dark green cabbage) chopped
Garlic to taste, chopped
Herbs of your choice, fresh or dried (we tend to use sage)
Seasalt to taste

Fry the onion in the sunflower oil for a few minutes to seal the flavour then place all the other ingredients except the kale or cabbage in a pan and cover with water. Bring to the boil and simmer until the vegetables are cooked (15 - 20 minutes). Add the green vegetables 5 - 10 minutes before cooking is finished to prevent them being over-cooked. Mash well.

The quantities given make quite a large pan of soup - we eat half one day and store the rest in the fridge until the next day - you may wish to change the quantities to suit your needs.

Cream of Nettle soup
Don't worry - they don't sting when cooked! Nettles are very nutrient rich and of course - free! Don't gather them beside a busy road where they will have been contaminated by traffic fumes - we pick them in our garden. If you keep cutting them from springtime you get a regular supply of fresh leaves. Though we stop using them into summer as they seem to get rather insecty!

Ingredients:
2 tablespoons of vegan margarine or oil
2 tablespoons of white flour
1 onion, roughly chopped
2 cloves garlic, chopped
Freshly picked and washed young nettles (several good handfuls - picked with gloves and caution!)
2 cups soya milk
1 cup water or stock
salt and pepper to taste

Fry the onion and garlic in the oil or marg. for a few minutes then stir in the nettles (no need to chop or remove stalks) until they soften. Stir in the flour and gradually add the soya milk and water or stock, stirring all the time. Add seasonings and liquidise. Delicious...

Tomato and Avocado soup - a cold dish.
This soup also contains vitamins A, C and E and is highly nutritious, as it is completely raw.

Ingredients:
1 large or 2 small avocados
I tin of tomatoes
A good handful of fresh lovage
Parsley to taste
1 stick of celery
small amount of seasalt
1 cup of apple juice
1 cup of water

Place all the above in a blender and liquidise until smooth. Can be served chilled.

Carol's Minestrone Soup
Ingredients:
1 onion, chopped
1 clove of garlic, minced
1 leek, sliced

1 carrot, diced
1 pepper, diced
1 potato, diced or new potatoes, sliced
1 small can sweetcorn
1 small can black eyed beans
1 handful of pasta
2 1/2 pints/7 cups of good stock (marigold vegan powder)Adjust stock to taste may need more/less
1 heaped teaspoon of marmite
mixed herbs
salt and pepper
Fry onion and garlic, add other ingredients, expect beans and pasta and cook for approx 15/20 mins until veg is tender. Add beans and pasta cook for another 10/15 mins. Serve with nutritional yeast on top or with crusty bread.You can put any veg you like in it and it tastes better the next day, this makes loads by the way!

SOUPS

Fresh Tomato, Lentil and Onion Soup

This delicious wholesome soup is ideal served with thick slices of wholemeal or granary bread.

Ingredients:
Serves 4-6
10 ml/2 tsp Sunflower Oil
1 large Onion, chopped
2 sticks Celery, chopped
175 g/6 oz/3/4 cup split Red Lentils
2 large tomatoes, skinned and roughly chopped
900 ml/ 1 1/2 pints/3/4 cups Vegetable stock
10 ml/2 tsp dried Herbes de Provence
Salt and freshly ground black pepper
chopped Parsley, to garnish

1-Heat the oil in a large saucepan. Add the onion and celery and cook for 5 minutes, stirring occasionally. Add the lentils and cook for 1 minute.

2-Stir in the tomatoes, stock, dried herbs, salt and pepper Cover, bring to the boil and simmer for about 20 minutes, stirring occasionally.

3-When the lentils are cooked and tender, set the soup aside to cool slightly.

4-Puree in a blender or food processor until smooth. Season with salt and pepper, return to the saucepan and reheat gently until piping hot. Ladle into soup bowls to serve and garnish each with chopped parsley.

SOUPS

Split Pea and Courgette Soup

Rich and satisfying, this tasty and nutritious soup will warm a chilly win ter's day.

Ingredients:
Serves 4
175 g/6 oz/1 7/8 cups yellow split Peas
1 medium Onion, finely chopped
5 ml/ I tsp sunflower oil
2 medium Courgettes, finely diced
900 ml/ 1 1/2 pints/ 3 3/4 cups Vegetable stock
2.5 ml/1/2 tsp ground Turmeric
salt and freshly ground black pepper
crusty bread, to serve

1-Place the split peas in a bowl, cover with cold water and leave to soak for several hours or overnight. Drain, rinse in cold water and drain again.

2-Cook the onion in the oil in a 2covered pan, shaking occasion- ally, until soft. Reserve a handful of diced courgettes to use later.

3-Add the remaining courgettes to the pan. Cook for 2-3 minutes. Add the stock and turmeric and bring to the boil. Reduce the heat, cover and simmer for 30-40 minutes. Season.

4-When the soup is almost ready, bring a large saucepan of water to the boil, add the reserved diced courgettes and cook for 1 minute. Drain and add to the soup. Serve
hot with warm crusty bread.

COOK'S TIP
For a quicker alternative, use red split lentils for this soup - they need no presoaking and cook very quickly. Adjust the amount of stock, if necessary.

SOUPS

CARROT AND CORIANDER SOUP

Nearly all root vegetables make excellent soups as they puree well and have an earthy flavour, which complements the sharper flavours of herbs and spices. Carrots are particularly versatile, and this simple soup is elegant in both flavour and appearance.

Ingredients:
Serves 4-6
450 g/l lb carrots, preferably young and tender
15 ml/1 tbsp Sunflower oil

40 g/ 1 1/2 oz/3 tbsp Butter
1 Onion, chopped
1 stick celery, plus 2-3 pale leafy celery tops
2 small potatoes, peeled
1 litre/ 1 1/4 pints/4 cups Vegetable stock
10-15 ml/2-3 tsp ground Coriander
15 ml/ 1 tbsp chopped fresh coriander
200 mi/7 fl oz/7/8 cup Milk
Salt and freshly ground black pepper

1-Trim and peel the carrots and cut into chunks. Heat the oil and 25 g/ 1 oz/2 tbsp butter in a large flameproof casserole or heavy-based saucepan and fry the onion over a gentle heat for 3-4 minutes, until slightly softened.

3-Reduce the heat even further and sweat for about 10 minutes. Shake the pan or stir occasionally so the vegetables do not stick to the base.

4-Add the stock and bring to the boil. Half cover the pan and simmer for a further 8-10 minutes until the carrots and potatoes are tender.

2-Slice the celery and chop the potatoes. Add them to the onion in the pan, cook for a few minutes and then add the carrots Fry over a gentle heat for 3-4 minutes, stirring, and then cover.

5-Remove 6-8 tiny celery leaves for garnish and finely chop the remaining celery tops (about 15 ml/ I tbsp once chopped). Melt the remaining butter in a small saucepan and fry the ground coriander for about I minute, stirring constantly.

6-Reduce the heat and add the chopped celery tops and fresh coriander and fry for about I minute. Set aside.

7-Process the soup in a food 7processor or blender and pour into a clean saucepan. Stir in the milk and coriander mixture. Season, heat gently, taste and adjust seasoning. Serve garnished with the reserved celery leaves.

COOK'S TIP
For a more piquant flavour, add a little Lemon juice just before serving

SOUPS

Fresh Pea Soup

This soup is known in France as Potage Saint-Germain, a name which comes from a suburb of Paris where peas used to be cultivated in market gardens. If fresh peas are not available, use frozen peas, but thaw and rinse them before use.

Ingredients:
Serves 2-3

25 g/l oz/2 tbsp Butter
2 or 3 Shallots, finely chopped
400 g/14 oz/3 cups shelled fresh peas (from about 1.3 kg/3 lb garden peas) or thawed frozen peas
45-60 ml/3-4 tbsp whipping cream (optional)
salt and freshly ground black pepper croutons, to garnish

1-Melt the butter in a heavy saucepan or flameproof casserole. Add the shallots and cook for about 3 minutes, stirring occasionally.

2-Add 500 rnl/16 f] oz/2 cups water and the peas, and season with salt and pepper

3-Cover and simmer for 12 minutes for young or frozen peas and up to 18 minutes for large or older peas, stirring occasionally.

4-When the peas are tender, ladle them into a food processor or blender with a little of the cooking liquid and process until smooth.

5-Strain the soup into the saucepan or casserole, stir in the cream, if using, and heat through without boiling. Season with salt and pepper and serve hot en the peas are tender, ladle garnished with croutons.

SOUPS

PEA LEEK AND BROCCOLI SOUP

A delicious and nutritious soup, ideal for warming those chilly winter evenings.

Ingredients:
Serves 4-6
1 Onion, chopped
225 g/8 oz/2 cups Leeks (trimmed weight), sliced
225 gig oz unpeeled Potatoes, diced
900 ml/1 1/2 pints/3 1/4 cups Vegetable stock
1 Bay leaf
225 g/8 oz broccoli florets
175 g/6 oz/ 1 1/2 cups frozen peas
30-45 ml/2-3 tbsp chopped fresh Parsley salt and freshly ground black pepper parsley leaves, to garnish

1-Put the onion, leeks, potatoes, leaf in a large stock and bay saucepan and mix together. Cover, bring to the boil and simmer for 10 minutes, stirring.

2-Add the broccoli and peas, 2cover, return to the boil and simmer for a further 10 minutes, stirring occasionally.

3-Set aside to cool slightly and rernove and discard the bay leaf Puree in a blender or food processor until smooth.

4-Add the parsley, season with salt and pepper and process briefly. Return to the saucepan and reheat gently until piping hot. Ladle into soup bowls and garnish with parsley leaves.

SOUPS

Gazpacho

This cold soup is popular all over Spain, where there are hundreds of variations. It uses tomatoes, tomato juice, green pepper and garlic, and is served with a selection of garnishes

Ingredients:
Serves 4
1.5 Kg/ 3-3 ½ lb ripe Tomatoes
1 green Pepper, seeded and roughly chopped
2 Garlic Cloves, crushed
2 slices White Bread, crusts removed
60 ml/4 tbsp Olive Oil
60 ml/4 tbsp tarragon wine vinegar
150 ml/l/4 pint/l/3 cup tomato juice
Good pinch of Sugar
Salt anf freshly ground Black Pepper
Ice cubes, to serve

For the garnish:
300 ml/ 2 tbsp Sunflower Oil
2-3 slices White Bread, diced.
1 small cucumber, peeled and finely diced
1 small onion, finely chopped
1 red pepper, seeded and finely diced
1 hard-boiled eggs, chopped

1-Skin and quarter the tomatoes, then remove the cores.

2-Place the pepper in a food processor and process for a few seconds. Add the tomatoes, garlic, bread, olive oil and vinegar and process again. Add the tomato juice, sugar, salt and pepper and process.

3-The mixture should be thick but not too stodgy. Continue processing until it is the right consistency. Press the liquid through a sieve into a bowl and chill for at least 2 hours but no more than 12 hours, otherwise the texture will deteriorate.

4-To prepare the bread cubes to use as a garnish, heat the oil in frying pan and fry them over a moderate heat for 4-5 min, until golden brown. Drain well on kitchen paper.

5-Place each garnish in a separate small dish, or alternative arrange them in rows on a large plate.

6-Just before serving, stir a few ice cubes into the soup and then spoon into serving bowls. Serve with the garnishes.

SOUPS

Cold Leek and Potato Soup

Serve this flavourful soup with a dollop of creme fraiche or soured cream to add richness to this warming broth on cold winter evenings. Sprinkle with a few snipped fresh chives.

Ingredients.
Serves 6-8
450 g/ 1 lb Potatoes, peeled and cubed
1.5 litres/2 1/2 pints/6 1/4 cups Vegetable stock
4 medium Leeks, trimmed
150 ml/ l/4 pint/ 2/3 cup creme fraiche or soured cream
Salt and freshly ground black pepper
45 ml/3 tbsp snipped fresh chives, to garnish

1-Put the potatoes and stock in a saucepan or flameproof casserole and bring to the boil. Reduce the heat and simmer for 15-20 minutes.

2-Make a slit along the length of each leek and rinse well under cold running water. Slice thinly.

3-When the potatoes are barely tender, stir in the leeks. Season with salt and pepper and simmer for 10-15 minutes until the vegetables are soft, stirring occasionally. If the soup appears too thick, thin it down with a little more of the stock or water.

4-Puree the soup in a blender or food processor, in batches if necessary. If you would prefer a very smooth soup, pass it through a food mill or press through a coarse sieve. Stir in most of the cream, cool and then chill. To serve, ladle into chilled bowls and garnish with a swirl of cream and snipped chives.

V A R I A T I 0 N
To make a low-fat soup, use low-fat fromage frais instead of creme fraiche or soured cream, or simply thin the soup with a little skimmed milk.

SOUPS

Parmesan and Cauliflower Soup

A silky smooth, mildly cheesy soup, which isn't overpowered by the cauliflower. It makes an elegant dinner-party soup served with crisp Melba toast.

Ingredients.
Serves 6
1 large cauliflower
1.2 litres/2 pints/5 cups vegetable stock or water
175g/6oz farfalle
150ml/'/4 pint/2/3 cup single cream or milk
freshly grated nutmeg
pinch of cayenne pepper
60mi/4 tbsp freshly grated Parmesan cheese
Salt and ground black pepper

For the Melba toast
3-4 slices day-old white bread
freshly grated Parmesan cheese for sprinkling
1.5 ml/l/4 tsp paprika

1-Cut the leaves and central stalk away from the cauliflower and discard. Divide the cauliflower into similar-size florets.

2-Bring the stock to the boil and add the cauliflower. Simmer for about 10 minutes or until very soft. Remove the cauliflower slotted spoon and place in a blender or food processor.

3-Add the pasta to the stock and simmer for 10 minutes until tender. Drain, reserve the pasta, and pour the liquid over the cauliflower. Add the cream or milk, nutmeg and cayenne to the cauliflower and blend until smooth.

4-Press the soup through a sieve then stir in the cooked pasta. Reheat the soup and stir in the Parmesan. Season to taste.

5-Meanwhile make the Melba toast. Preheat the oven to 180oC/350oF/Gas 4. Toast the bread lightly on both sides. Quickly cut off the crusts and split each slice in half horizontally. Scrape off any doughy bits and sprinkle with Parmesan and paprika. Place on a baking sheet and bake in the oven for about 10-15 minutes or until uniformly golden. Serve with the soup.

SOUPS

Italian Bean and Pasta Soup

A thick and hearty soup which followed by bread and cheese, make a substantial lunch.

Ingredients:
Serves 6
175g/6oz/1 1/2 cups dried haricot beans, soaked overnight in cold water
1.75 litres/3 pints/7 1/2 cups vegetable stock or water
115g/4oz medium pasta shells
60ml/4 tbsp olive oil, plus extra to serve

2 garlic cloves, crushed
60ml/4 tbsp chopped fresh parsley
Salt and ground black pepper

1-Drain the beans and place in a large saucepan with the stock or water. Simmer, half-covered, for 2-2 1/2 hours or until tender.

2-In a blender or food processor, process half the beans with a little of their cooking liquid, then stir into the unprocessed beans in the pan.

3-Add the pasta and simmer gently for 15 minutes until tender. (Add extra water or stock the soup seems too thick.)

4-Heat the oil in a small pan and 4fry the garlic until golden. Stir into the soup with the parsley and season well with salt and pepper. Ladle into individual bowls and drizzle each with a little extra olive oil, to serve.

SOUP

Harvest Soup

INGREDIENTS

Serves 4-6

1-2 tsp/5-10ml oil
I onion, chopped
2 1/4 cups/350g/12oz pumpkin, peeled and diced
2 cups/250g/8oz carrots, sliced
2 potatoes
5 cups/1.1 1/2pts stock
juice of half a lemon
1 courgette, sliced (optional)
salt and freshly ground black pepper
1/3 cup/50g/2oz runner beans, sliced (optional)
basil leaves to garnish

1-Heat oil in a large saucepan and fry onion until translucent.

2-Add pumpkin, carrots and potatoes and pourover lemon juice. Sweat, covered, for 5 minutes.

3-Add stock and seasoning and simmer until potatoes are cooked. Blend or part-blend the soup.

4-If liked, add courgettes and beans and simmer for a further 4 minutes. Check seasoning.

5-Serve garnished with basil leaves. This soup can also be served sprinkled with Parmesan cheese.

SOUP

Cream of Cauliflower

Ingredient:
Serves 4
1 small cauliflower
salt and freshly ground black pepper
4 tbsp/50gl2oz butter
'/4 cup/25g/l oz plain untreated flour
6 tbsp/120mi/4fl oz single cream
1-2 egg yolks 1 tbsp/15mi chopped chives

1-Trim the outer leaves off the cauliflower and steam it whole in boiling salted water in a pan with the lid on until tender. Allow the cauliflower to cool and reserve the water.

2-Melt the butter in a saucepan and stir in the flour. Gradually stir in the cauliflower water, made up to 3/, cups/900tnl/l'/,pts with fresh water.

3-Reserve some of the cauliflower florets r garnishing. Discard the tougher stalks and puree the rest in a blender. Add to the saucepan.

4-Beat the cream and egg yolks together in a bowl. Beat in some of the soup, then return to the pan. Add reserved cauliflower florets. Heat through but do not boil. Season and add chopped chives. Serve with triangles of hot toast.

SOUP

Garlic Soup

INGREDIENTS
Serves 4-6
5 cups/1.1 1/2pts vegetable stock
4 garlic cloves, crushed
3 level tsp/15mi paprika
3 level tsp/15mi cumin
salt and pepper
2 pieces bread, toasted oil
6 eggs (optional)

1-Pour vegetable stock into a pan, add the garlic, paprika and cumin, and bring to the boil. Season.

2-Break the toast into cubes and put into soup bowls.

3-Place a pan on the heat, lightly oil and fry the eggs until the white forms.
Tip out 1 egg into each soup bowl and pour over the boiling soup.

SOUPS

Cheese and Onion Soup

INGREDIENTS
serves 4-6
1-2 tbsp/15-30ml oil
2 medium onions, sliced
5 cups/1.1 l/2pts stock
250g/8oz potatoes
1 1/2 cups/175g/6oz grated cheddar cheese
salt
soy sauce

1-Heat oil in a large saucepan and stir-fry onions until lightly browned. Add stock and bring to the boil.

2-Meanwhile, peel the potatoes and grate them into the saucepan. Turn down the heat and simmer until potatoes have cooked and soup has thickened.

3-Add the grated cheese, stirring to melt. Season to taste with salt and soy sauce. Serve with whole wheat bread and a crisp green salad.

SOUP

Butterbean and Mushroom Chowder

INGREDIENTS
Serves 4-6
1 cup/l00g/4oz butter beans soaked overnight in cold water
1 tsp/5ml olive oil
2 onions, chopped
2 stalks celery, sliced
8oz/225g potatoes, peeled and diced
4oz/100g button mushrooms, sliced
1/2 cup/50g/2oz sweetcorn kernels
1 ½ cups/300ml/ ½ pt skimmed milk
Salt and freshly ground black pepper
2 tbsp/30ml chopped parsley

1-Drain the beans and place in a large saucepan covered with fresh water. Boil fast for 10 minutes, then simmer for a further 35- 40 minutes, or until soft.

2-Drain the beans and reserve 2 cups/ 450ml/ ¾ pt of the stock.

3-Heat the oil in a large saucepan and gently fry the onion. Add the celery and potato and cook for 2-3 minutes, stirring from time to time. Add the reserved stock and mushrooms, bring to the boil, cover and simmer for 10 minutes.

SOUP

Red-Hot Lentil Soup

INGREDIENTS

Serve: 6
3 tbsp/40g/1 ½ oz butter
1 large onion, chopped
1 clove garlic, chopped
1 slice fresh ginger root, unpeeled
1 slice lemon
1 1/8 cups/225g/8oz red lentils
7 cups/1.51/2 ¾ pts water
Salt pinch of paprika
1 green chilli, deseeded and chopped

1-Heat 2 tbsp/25g/1 oz butter in a pan and add the onion, garlic, ginger and lemon. Sweat with the lid on over a low heat for 5 minutes.

2-Add the lentils and the water (small red lentils do not need to be presoaked) and season with salt and paprika. Cook for about 40 minutes until lentils have thickened the soup.

3-Heat the remaining butter in a pan and quickly fry the chilli. Serve the soup with chilli topping.

SOUPS

Mushroom Soup

INGREDIENTS

Serves 6
butter or oil
1 large onion, sliced
6 cups/350g/12oz sliced mushrooms grated nutmeg
1 tbsp/15ml flour
2 cups/450ml/ ¾ pt vegetable stock
1 ¼ cups/300ml/ ½ pt yoghurt
2 tbsp/30ml sherry (optional)

1-Heat the butter and cook the onion until it has just softened but not browned. Add the mushrooms, stir and leave them to cook for 2 minutes. Add more butter if necessary.

2-Add the nutmeg and flour and stir well. Slowly add the stock, stirring until the mixture is smooth.

3-Bring the soup to the boil sand then simmer for 5 minutes. Stir in the yoghurt and just warm it through. Add the sherry. Serve hot.

SOUP

Cream of Nettle Soup

INGREDIENTS

serves 6
2lb/900g young nettles
2 tbsp/25g/1 oz butter
1 small onion, chopped
¼ cup/25g/1 oz flour
3 ¾ cups/900ml/30fl oz milk
Salt and freshly ground black pepper
2 egg yolks
1 tbsp/15ml single cream and croutons to serve

1-Pick the young nettle leaves before the plants flower. Discard the stalks, wash the leaves and press them into a pan with only the water that is clinging to them. Cover the pan and cook until soft (5-8 minutes). Puree in a blender.

2-Heat the butter in a pan and cook the onion until soft. Stir in the flour. Stir in a little milk and cook until thick. Stir in enough of the remaining milk to make a very thin sauce. Add the milk and the sauce to the nettles. Season well.

3-Beat the egg yolks with the cream. Stir in a little of the soup, then return to the pan. Heat through and check seasoning.

4-To serve, add a swirl of cream and some cro6tons to each individual bowl.

SOUP

Carrot and Coriander Soup

INGREDIENTS
serves 6-8
oil or butter
1 medium onion, sliced
9 cups/700g/1 ½ lbs carrots, sliced
1 tsp/5ml ground coriander
3 ¼ cups/900ml/ ¼ pts vegetable stock
2/3 cup/150ml/ ¼ pt soured cream
salt and freshly ground black pepper
parsley to garnish

1-Heat the oil, add the onion and cook until it has just softened but not browned. Add the carrots and coriander and stir well. Leave the carrots to cook gently for 3 minutes.

2-Pour in the stock and bring the mixture to the boil, then simmer, covered, for 25 minutes.

3-Liquidize the soup, adding the soured cream. Adjust the seasoning. Serve very cold, garnished with parsley.

SOUP

GAZPACHO

INGREDIENTS
Serves 4-6
1 lb/450g large ripe tomatoes
1 large onion
2cloves garlic
1 green pepper
1 red pepper
½ cucumber
2 slices whole wheat bread
3 tbsp/45ml olive oil
3 tbsp/45mi wine vinegar
1 ¼ cups/300ml/ ¼ pt tomato juice
1 ¼ cups/300ml/ ½ pt water
salt and freshly ground black pepper

1-Skin tomatoes, discard seeds and juice and chop the flesh. Peel and finely chop the onion and garlic. Remove pith and seeds from peppers and dice.

2-Peel and dice the cucumber. Cut the crusts from the bread and dice. Put vegetables and bread in a large bowl, pour over the remaining ingredients, stir and season. Chill well - overnight is best for a good tasty soup.

3-You can partly blend the soup if you wish, or blend all of it, in which case offer small bowls of chopped onions, tomatoes, peppers, cucumber and croutons as a garnish.

SOUP

BROCCOLI AND ORANGE SOUP

INGREDIENTS
Serves 6
1 medium onion, chopped
1 tbsp/15ml oil
l lb/450g broccoli, chopped

juice of 2 oranges
2 ½ cups/600ml/1 pt vegetable stock
1 ¼ cups/300ml/ ½ pt yoghurt
1 tbsp/15ml cornstarch
2 tbsp/30ml water
salt and freshly ground black pepper

1-(Reserve some small pieces of broccoli for garnish, together with a little grated orange rind.)

2-Heat the oil and cook the onion until it has just softened but not browned.

3-Add the broccoli and stir round. Cook, covered, for a few minutes and then add the organge juice and stock. Bring to the boil, cover and simmer for about 20 minutes, until the broccoli is soft.

4-Puree the soup in a blender. Mix the cornstarch and water to a smooth paste and stir into the soup with salt and pepper to taste.

5-Return the soup to the heat and cook for a further five minutes. Serve, garnished with the reserved broccoli and the orange rind. Use frozen broccoli if fresh is not available. Serve cold if preferred.

Sauces and Dips

Hummus or Houmous
This is a traditional Greek dish - can be used as a dip or a spread for sandwiches (fantastic combined with avacado and the naise below, in a sandwich). For a raw dish you can use sprouted chick peas in place of cooked ones.

Ingredients:
1 can (approx. 400g)of cooked chick peas (or you can soak overnight and cook 1 cup of dried chick peas)
2 Tablespoons of olive oil
1 - 2 cloves of fresh garlic
2 Tablespoons of tahini (sesame paste)
the juice of 1 lemon
a little water to blend
salt and pepper (optional)

Place all ingredients in a food processor and blend until fairly smooth - you may need to keep adding water bit by bit until you get the consistency you want.

Butterbean, Sage and Lemon Pate
Stolen from an idea by Catriona!

Ingredients:
1 tin (approx. 400g) of butterbeans (large limas)
2 teaspoons of olive oil
15 fresh sage leaves (or a teaspoon of dried)
the juice of 1 lemon
grated rind of half a lemon

Place all ingredients in a food processor and blend until smooth.

Guacamole
We have added a few bits and pieces to traditional guacamole - fantastic as a dip, sandwich filling or served on portabello mushrooms garnished with cucumber like here.

Ingredients:
2 ripe avocados
3 large tomatoes
1 - 2 cloves of fresh garlic
quarter teaspoon of chilli powder (or more if you like it hot!!)
the juice of 1 lemon
1 finely diced red pepper
1 finely diced green pepper
salt and pepper (optional)

Place the avocados, tomatoes, garlic, chilli, lemon juice and seasonings in a food processor and blend until fairly smooth - stir in the peppers and there you go.

Soya 'Mayo'
Ingredients:
3 cups of soya milk
1 cup of sunflower oil
a little cider vinegar
optional extras - garlic, herbs, chilli, curry powder

Place the soya milk in a liquidiser and start machine - add any of the optional extras ie. Garlic for garlic naise. Slowly add the oil while blending. Once it is all well blended add the vinegar (this will thicken the mixture instantly) and switch off the machine. This makes one very large jar, which will keep in the fridge for a few days - reduce the amounts if you wish.

Basic Tomato Sauce for pasta
Ingredients:
A little olive oil
1 onion, finely chopped
2 - 3 cloves of garlic, crushed
1 can (approx. 400g) tomatoes, chopped
2 Tablespoons of tomato puree
1 or 2 Tablespoons of oregano or mixed herbs
1 cup of veg. stock or water (or even wine, if you like, for a richer sauce)

Fry the onion and garlic in the oil for a few minutes until softened. Add the tomatoes, puree, stock or water and herbs and simmer gently for about 15 minutes.
That is the basic sauce - you can add anything you like to it. Any vegetables chopped and added with the tomatoes etc. Soya mince for a more traditional bolognese type sauce. Beans, sweetcorn, peas.
A sweet and sour sauce is easy to make also - add a can of pineapple pieces in pineapple juice and leave out the herbs. A little vinegar is added too. This is great with beans and vegan sausages chopped up.

Quick, no-cook, stir in Sauce for Pasta
Ingredients:
6 fresh tomatoes and half a cup of water OR 1 tin of tomatoes
a good handful of basil (both stalks and leaves)
a handful of parsley
2 sticks of celery, cut into chunks
half a teaspoon of seasalt
dash of soy sauce (optional)
2 teaspoons cold pressed olive oil (leave this out if you want a fat free sauce)

Whizz it all up in a liquidiser or blender until fairly smooth and stir into your favourite pasta - very nice with wholewheat shells and a big salad.

Rich and Chunky Mushroom Gravy
Ingredients:
2 tablespoons sunflower oil
1 onion, finely chopped
8-10 large portabello or other flat mushrooms, cut into 3 cm cubes (roughly)
2 cups of water
seasalt to taste
1 cup of vegan gravy mix (original Bisto in the UK is vegan - use 3 teaspoons powder for 1 cup of water)

Fry the onion in the sunflower oil for a few minutes and then add the cubed mushrooms. Cook until the mushrooms soften (five minutes approx) then add the water and gravy mix - stir until thickened. This is great served on spaghetti, over rice or baked potatoes.

Hot Chocolate Sauce for Ice Cream

Perfect placed in a bowl with a scoop of vanilla ice cream (Swedish Glace or Toffuti are great)

Ingredients:
1 cup (approx) of soya milk
about 50g of plain chocolate
2 teaspoons of corn flour
a teaspoon of sugar

Slowly warm the soya milk in a pan. Add the chocolate and keep mixing until melted together. Remove from heat. In a cup or small bowl blend the cornflour with a little soya milk and the sugar. Slowly pour this into the chocolate mixture, stirring all the time until thick.

Salads

Cooling Cucumber, Mint and Yoghurt salad
A lovely accompaniment to spicy hot dishes such as curry and chilli.
Ingredients:
1 whole cucumber
a handful of fresh mint or three teaspoons of dried
1 cup of live, plain soya yoghurt such as Yofu or Sojusun

Cut the cucumber into 2cm/1 inch size cubes and mix in the mint and yoghurt. If using dried mint it is a good idea to mix it into the yoghurt at least half an hour beforehand to reconstitute it.

Salad Lucoise
A vegan version of an old favourite, replacing tuna with braised tofu and eggs with olives.
Ingredients:
1 tin of braised tofu (Marigold is good)
2 cups of cooked and cooled runner beans or long green beans
5 or 6 tomatoes
2 or 3 cups of boiled and cooled new potatoes
a good handful of black olives, pitted
2 tablespoons of walnut oil
2 tablespoons of balsamic vinegar

Cut everything into fairly large chunks or sections, place in a bowl and mix. Mix the oil and vinegar together and drizzle over...mmm...

Wholegrain Rice Salad
Ingredients:
3 cups of cooked wholegrain (brown) rice
2 sticks of celery, diced
1 apple, chopped small
half a cup of cashew nuts
7 or 8 mushrooms, sliced
a handful of parsley, chopped
2 tablespoons cold pressed linseed/flax oil
2 tablespoons cider vinegar
dash of soy sauce

Place all the ingredients in a large bowl and mix until well combined!

Crunchy Green Salad
Ingredients:
Half an iceberg lettuce, chopped
2 good handfuls of fresh small spinach leaves
3 or 4 spring onions, finely chopped
a quarter cucumber, diced
1 green pepper cut into small strips
2 tablespoons of olive oil
2 tablespoons cider vinegar
half a teaspoon of garlic salt

Combine all the fresh ingredients in a large bowl. In a cup or small bowl mix the oil, vinegar and garlic salt together until well blended, then stir into your salad.

New Potato Salad
Ingredients:
4 cups of cooked and cooled new potatoes (cut into chunks if large)
half a cup of vegan mayo
bunch of chives, chopped small

Combine all ingredients in a large bowl until the potatoes are well covered with the mayo and chives.

Creamy Sweetcorn Salad
Ingredients:
1 tin of sweetcorn
1 red pepper, diced
2 spring onions, finely chopped
1 avocado, chopped small
2 tablespoons vegan mayo
1 teaspoon wholegrain mustard

This makes a good filling for vol-au-vents (little puff pastry cases) and a great topping for baked potatoes. Mix the mayo and mustard together and then combine with the other ingredients.

Mega Salad!
Ingredients are entirely adjustable - any or all of the following in whatever quantity you like!
Chopped lettuce
Sliced mushrooms
Halved olives (no pits!)
Chopped tomatoes
Chopped cucumber

Chopped apple
Grated carrot
Grated red or white cabbage
Rocket leaves
Walnuts
Beetroot cut onto chunks
Avocados chopped
Sunflower or pumpkin seeds
Cress
Sprouted grains

Mix it all together with dressing of your choice - hemp seed oil and lemon juice goes well.

SALADS

Pear and Pecan Salad with Blue Cheese

Toasted pecan nuts have a special union with crisp white pears. Their robust flavours combine especially well with a rich blue cheese dressing and make this a salad to remember.

Ingredients:
Serves 4
75 g/3 oz/1/2cup shelled pecan nuts, roughly chopped
3 crisp pears
175 g/6 oz young spinach, stems removed
1 escarole or butterhead lettuce
1 radicchio
30 rnl/2 tbsp ready-made blue cheese dressing
salt and freshly ground black pepper
crusty bread, to serve

1-Toast the pecan nuts under a moderate grill, to bring out their flavour.

2-Cut the pears into even slices, leaving the skin intact and discarding the cores.

3-Wash the salad leaves and spin dry. Add the pears together with the toasted pecans, then toss with the dressing. Distribute between 4 large plates and season with salt and pepper. Serve with warm crusty bread.

V A R I A T I 0 N
If you want a lighter non-cheese dressing, combine:
5 ml/ 1 tsp of wholegrain mustard,
2.5 ml/ ½ tsp of granulated sugar,
1.5 ml/ ¼ tsp of dried tarragon,
10 ml/ 2 tsp of lemon juice and
60 ml/4 tbsp of olive oil in a jar

and shake vigorously.

SALADS

Orange and Walnut Salad

INGREDIENTS
Serves 4
3 plump heads chicory
2 large sweet oranges, peel and pith removed, segmented
3oz/75g walnuts, chopped

MUSTARD DRESSING
2 tbsp/30ml walnut oil
pinch mustard powder
1 tbsp/15ml orange juice
1 tbsp/15ml lemon juice

METHOD
1-Mix the chicory slices, oranges and half the walnuts together and place in a serving dish.

2-Sprinkle over the remaining walnuts. Whisk the walnut oil and mustard powder together, then gradually whisk in the orange and lemon juices.

3-Pour the dressing over the salad and serve immediately.

SALADS
MIXED GREEN AND MUSHROOM WITH RASBERRY VINAIGRETTE

INGREDIENTS
Serves 4
4 tbsp/ 60 g pine nuts
2 heads cabbage lettuce or other soft lettuce
2 heads chicory
1 small head radicchio
8 oz/ 225g stemmed small mushroom

RASPBERRY VINAIGRETTE
4 tbsp/60ml olive oil
2 tbsp/30ml raspberry vinegar
1 finely chopped shallot
1 tsp/5mi Dijon-style mustard
2 tsp/l0 ml single cream
salt and freshly ground black pepper to taste

1-Pre-hear the oven to 350oF/180oC/Gas 4. Place the pine nuts in a shallow baking dish and roast them in the oven until lightly browned, about 5 minutes. Remove from oven and set aside.

2-Wash and gently dry the cabbage lettuce, chicory and radicchio. Tear the lettuce and radicchio into bite-sized pieces. Cut the chicory into thin slices. Put the greens into a large salad bowl. Add the mushrooms and toasted pine nuts.

3-In a mixing bowl combine the olive oil, vinegar, shallot, mustard, cream, salt and pepper. Whisk until the vinaigrette is smooth and well blended.

4-Pour the vinaigrette over the greens and toss well. Serve at once.

SALADS

Curly Endive and Alfalfa Salad

INGREDIENTS
Serves 4-6
½ small curly endive, torn into pieces
40oz/100g alfalfa sprouts
2oz/50g small button mushrooms, thinly sliced
½ red pepper, sliced

DRESSING
juice 1 lemon
2tsp/l0ml olive oil
1 small onion, grated
¼ tsp/l.5g Chinese five spice powder

1-Arrange the curly endive on a large serving plate or 4 individual plates.

2-Mix the alfalfa, mushrooms and pepper together in a bowl.

3-Mix the dressing ingredients together and add to the bowl of vegetables. Toss well and arrange on top of the lettuce.

SALADS
CALIFORNIA WALDORF SALAD

Ingredients:
Serves 6
3 ½ oz/ 90 g mung bean sprout or alfalfa sprout
3 tart apples, cored and diced but not peeled
1 lb/ 450g celery, chopped
½ cup/ 50g /2 oz slivered almonds
3 large mushrooms, coarsely chopped
8 fl oz/250 ml Yoghurt Mayonnaise
10 lettuce leaves
3 ½ oz/ 90 g seedless grapes, halved

1-Blanch the bean sprouts in a pan of boiling water for 45 seconds. Drain and rinse in cold water. Drain well again. Coarsely chop the bean sprouts.

2-Put the apple. celery, almonds and mushrooms in a large mixing bowl. Mix well with a wooden spoon.

3-Add the Yoghurt Mayonnaise and mix thoroughly.

4-Line a serving platter with the lettuce leaves. Mound the bean sprouts in the centre. Transfer the mixed ingredients to the platter and garnish with the halved grapes.

Classic Waldorf Salads
INGREDIENTS
Serves 2 - 4
8 stalks crisp celery
2 rosy-skinned dessert apples lemon juice
½ cup/50g/2oz walnuts
6 tbsp/90ml good mayonnaise
salt and freshly ground black pepper

1-If the celery is not crisp, immerse it in ice-cold water. It will soon freshen up. Pat dry and slice.

2-Core the apples but do not peel - the pink skin will give colour contrast to the salad. Slice and sprinkle with lemon juice to prevent discolouring.

3-Toss all the ingredients in the mayonnaise and season well.

VARIATION
This salad also tastes good with blue cheese dressing. Blend the mayonnaise with I tbsp blue cheese before adding to the salad.

SALADS

Lentil and Feta Cheese Salad
INGREDIENTS
Serves 6
2 cups/350g/12oz brown lentils
1 bay leaf
½ tsp/2.5ml dried basil
2 garlic cloves, crushed stalk celery, finely chopped
1 small onion, chopped
3 tbsp/45ml fresh chives, chopped
1 ½ cups/175g/6oz crumbled feta cheese
6 tbsp/90ml/3fl oz virgin olive oil
3 tbsp/45ml wine vinegar
1/8 tsp/large pinch dried oregano

salt and freshly ground black pepper

1-Put the lentils in a bowl. Add 3 cups/750ml/ 1 ¼ pts cold water and soak the lentils for 2 hours. Drain.

2-Put the lentils in a saucepan and add enough cold water to cover them completely. Add the bay leaf, basil and 1 garlic clove. Bring to the boil and simmer, covered, for 20 minutes.

3-Add the celery and onion. Add enough additional water to cover the lentils. Cover the saucepan and simmer for 10 more minutes.

4-Drain the lentils, celery and onion and discard the bay leaf and garlic clove. Put the lentils, celery and onion in a serving bowl. Add the chives and feta cheese. Toss.

5-Put the olive oil, vinegar, oregano, remaining garlic clove, salt and pepper in a jar with a tightly fitting lid. Cover tightly and shake until well blended.

6-Pour the dressing over the lentil salad and toss. Let the salad stand for 2 hours, tossing occasionally, before serving.

SALADS

Egg and Pasta Salad

INGREDIENTS
Serves 4
1 cup/225g/8oz green or whole wheat pasta shapes
2 tsp/l0ml oil
4 eggs
1 cup/l00g/4oz green beans
2 stalks celery
1 dessert apple
½ cup/50g/2oz walnuts Mayonnaise
Salt and freshly ground black pepper
1-2 tbsp/15-30ml dill

METHOD

1-Cook the pasta in plenty of boiling salted water, to which you have added oil, untfl al dente. Drain and allow to cool.

2-Hard boil the eggs, peel under cold running water and allow to cool. Cut into quarters.

3-Top and tail the beans and cut into manageable lengths. Simmer in salted water until cooked but not soft. Drain and allow to cool.

4-Chop the celery. Peel, core and dice the apple. Toss all the ingredients except the eggs together in the Mayonnaise. Season and garnish with eggs and dill.

SALADS

Haricot Bean Salad

INGREDIENTS
Serves 4
1 cup/175g/6oz dried haricot beans, soaked overnight
2 cloves garlic, crushed
2 tbsp/30ml wine vinegar
2 tbsp/30ml olive oil
1 tsp/5ml French mustard
salt and freshly ground black pepper
1 red pepper, seeded and thinly sliced
1 leek, thinly sliced
2 spring onions, green and white parts chopped separately

METHOD
1-Place the beans in a large saucepan and coker with fresh water. Bring to the boil and boil fast for 10 minutes, then cover and simmer for 40-50 minutes or until tender. Drain.

2-Combine the garlic, vinegar, olive oil, mustard and seasoning in a screw top jar, seal and shake well.

3-Pour over the hot beans and leave to cool. Stir in the pepper, leek and white parts of the spring onions and place in a serving dish.

4-Sprinkle with green chopped onions and serve.

Side Dishes

Puffy Creamed Potatoes

This accompaniment consists of creamed potatoes incorporated into mini Yorkshire puddings. Serve them with a vegetable casserole or, for a meal on its own, serve two or three per person and accompany with salads.

Ingredients:
Makes 6

275 g / 10 oz potatoes
creamy milk and butter for mashing
5 ml/1 tsp chopped fresh parsley
5 ml/1 tsp chopped fresh tarragon
75 g/3 oz/1/3 cup plain flour
1 egg
about 120 ml/4 fl oz/V2 cup milk
oil or sunflower margarine, for baking
salt and freshly ground black pepper

1-Boil the potatoes until tender and mash with a little milk and butter. Stir in the chopped parsley and tarragon and season with salt and pepper. Preheat the oven to 200oC /400oF/ Gas 6.

2-Process the flour, egg, milk and a pinch of salt in a food processor or blender to make a smooth batter.

3-Place about 2.5 ml/i/2 tsp oil or a small knob of sunflower margarine in each of six ramekin dishes and place in the oven on a baking tray for 2-3 minutes, until the oil or fat is very hot.

4-Working quickly, pour a small 4amount of batter (about 20 ml/ 4 tsp) into each ramekin dish. Add a heaped tablespoon of mashed potatoes and then pour an equal amount of the remaining batter in each dish. Place in the oven and bake for 15-20 minutes, until the puddings are puffy and golden brown.

5-Using a palette knife, carefully 5ease the puddings out of the mekin dishes and arrange on a large warm serving dish. Serve at once.

SIDE DISHES

Potatoes Dauphinois

Rich, creamy and satisfying, this is a really comforting dish to serve when it's cold outside.

Ingredients:
Serves 4
675 gll!/2 lb potatoes, peeled and thinly sliced
1 garlic clove
25 g/l oz/2 tbsp butter
300 ml / ½ pint / 1 ¼ cups single cream
50 ml /2 fl oz/ ¼ cup milk
salt and white pepper

1-Preheat the oven to150oC/300oF/Gas 2. Place the potato slices in a bowl of cold water to remove the excess starch. Drain and pat dry with kitchen paper.

2-Cut the garlic in half and rub the cut side around the inside of a wide shallow ovenproof dish. Butter the dish generously. Blend the cream and milk in a jug.

3-Cover the base of the dish with a layer of potatoes. Dot a little butter over the potato layer, season with salt and pepper and then pour over a little of the cream and milk mixture.

4-Continue making layers, until all the ingredients have been
used up, ending with a layer of cream. Bake in the oven for about 1 ¼ hours. If the dish browns too quickly, cover with a lid or with a piece of foil. The potatoes are ready when they are very soft and the top is golden brown.

SIDE DISHES

Spicy Potatoes and Cauliflower

This dish is simplicity itself to make and can be eaten as a main meal with Indian breads or rice,

a raita such as cucumber and yogurt, and a fresh mint relish.

Ingredients:
Serves 2
225 g/8 oz potatoes
75 ml/5 tbsp peanut oil
5 ml/ 1 tsp ground cumin
5 ml/ 1 tsp ground coriander
1.5 ml/ 1/4 tsp ground turmeric
1.5 ml/ 1/4 tsp cayenne pepper
1 fresh green chilli, seeded and finely chopped
1 medium cauliflower, broken up into small florets
5 ml/ 1 tsp cumin seeds
2 garlic cloves, cut into shreds
15-30 ml/1-2 tbsp fresh coriander, finely chopped
Salt

1-Cook the potatoes in their skins in boiling salted water for about 20 minutes, until just tender. Drain and let cool. When cool enough to handle, peel and cut into 2.5 cm/1 in cubes.

2-Heat 45 ml/3 tbsp of the oil in a frying pan or wok. When hot, add the ground cumin, coriander, turmeric, cayenne pepper and chilli. Let the spices sizzle for a few seconds.

3-Add the cauliflower and about 60 ml/4 tbsp water. Cook over medium heat, stirring continuously, for 6-8 minutes. Add the potatoes and stir-fry for 2-3 minutes. Season with salt, then remove from the heat.

4-Heat the remaining oil in a small frying pan. When hot, add the cumin seeds and garlic and cook until lightly browned. Pour the mixture over the vegetables. Sprinkle with the chopped coriander and serve at once.

SIDE DISHES

Garlic Mashed Potatoes

These creamy mashed potatoes have a wonderful aroma. Although two bulbs seems like a lot of garlic, the flavour is sweet and subtle when cooked in this way.

Ingredients:
Serves 6-8
2 garlic bulbs, separated into cloves, unpeeled
115 g/4 oz / 1/2 cup unsalted butter
1.3 kg/3 lb baking potatoes
120-175 ml/4-6 fl oz / ½ - ¾ cup milk
salt and white pepper

1-Bring a small saucepan of I water to the boil over high heat. Add the garlic cloves and boil for 2 minutes, then drain and peel.

2-In a heavy frying pan, melt half 2of the butter over a low heat. Add the blanched garlic cloves, then cover and cook gently for 20-25 minutes, until very tender and just golden, shaking the pan and stirring occasionally. Do not allow the garlic to scorch or brown.

3-Remove the pan from the heat and coot slightly. Spoon the garlic and any butter from the pan into a blender or food processor fitted with a metal blade and process until smooth. Tip into a small bowl, press clear film on to the surface to prevent a skin forming and set aside.

4-Peel and quarter the Potatoes, place in a large saucepan and add enough cold water to just cover them. Salt the water generously and bring to the boil over a high heat.

5-Cook the potatoes until tender, then drain and work through a food mill or press through a sieve back into the saucepan. Return the pan to a medium heat and, using a wooden spoon, stir the potatoes for 1-2 minutes to dry them out completely. Remove from the heat.

6-Warm the milk over a 6medium-high heat until bubbles form around the edge. Gradually beat the milk, remaining butter and reserved garlic pur6e into the potatoes, then season with salt, if needed, and white pepper.

SIDE DISHES

Roasted Potatoes, Peppers and Shallots

This popular dish from North America's Deep South is often served in elegant New Orleans restaurants fall into their natural segments.

Ingredients:
Serves 4
500 g/ 1 ¼ lb waxy potatoes
2 sweet yellow peppers
12 shallots
Olive oil
2 sprigs of fresh rosemary
salt and freshly ground black pepper

1-Preheat the oven to 200'C/400'F/Gas 6. Wash the potatoes and blanch for 5 minutes in boiling water. Drain.

3-Peel the shallots and break thern apart, allowing them to

2-When the potatoes are coot enough to handle, skin them and halve lengthways. Cut each sweet yellow pepper lengthways into 8 strips, discarding the seeds and pith.

4-Oil a shallow ovenproof dish thoroughly with olive oil.

5-Arrange the potatoes and 5 peppers in alternating rows and stud with the shallots.

6-Cut the rosemary sprigs into 5 cm/2 in lengths and tuck among the vegetables. Season the dish generously with olive oil, salt and pepper and bake in the oven, uncovered, for 30-40 minutes, until all the vegetables are tender.

SIDE DISHES

Baked Sweet Potatoes

Give sweet potatoes a Cajun flavour with salt, three different kinds of pepper and lavish quantities of butter. Serve half a potato per person as an accompaniment, or a whole one as a supper dish with a green salad peppered with watercress.

Ingredients:
Serves 3-6
3 pink-skinned sweet potatoes, about 450 g/l lb each
75 g/3 oz/6 tbsp butter, sliced
black, white and cayenne peppers
salt

1-Wash the potatoes and leave the skins wet. Rub salt into the skins, prick them all over with a fork and place on the middle shelf of the oven. Turn on the oven to 200oC/400oF/ Gas 6 and bake for about an hour, until the flesh yields and feels soft when pressed.

2-The potatoes can either be served in halves or whole. For halves, split each one lengthways and make close crisscross cuts in the flesh of each half Then spread with slices of butter, and work the butter and seasonings roughly into the cuts with a knife point.

3-Alternatively, make an incision along the length of each potato if they are to be served whole. Open them slightly and put in butter slices along the length, seasoning with the peppers and a pinch of salt.

COOK'S TIP

Sweet potatoes cook more quickly than ordinary ones, and there is no need to preheat the oven.

SIDE DISHES

Seeds and Spices

A change from plain boiled rice, and a colourful accompaniment to serve with spicy curries. Basmati rice gives the best texture and flavour, but you can use ordinary long grain rice instead, if you prefer.

Ingredients:

Serves 4

5 ml/ 1 tsp sunflower oil
2.5 ml/ 1/2tsp ground turmeric
6 cardamom pods, lightly crushed
5 ml/ 1 tsp coriander seeds, lightly crushed
1 garlic clove, crushed
200 g/7 oz/1 cup basmati rice
400 ml/14 fl oz/1 2/3 cups vegetable stock
115 g/4 oz/ ½ cup natural yogurt
15 ml/ 1 tbsp toasted sunflower seeds
15 ml/ 1 tbsp toasted sesame seeds
Salt and freshly ground black pepper
Coriander leaves, to garnish

1-Heat the oil in a non-stick frying pan and fry the spices and garlic for about 1 minute, stirring all the time.

2-Add the rice and stock, bring to the boil, then cover and simmer for 15 minutes, or until just tender.

3-Stir in the yogurt and the toasted sunflower and sesame seeds. Season with salt and pepper and serve hot, garnished with coriander leaves.

COOK'S TIP
Seeds are particularly rich in minerals, so they are a good addition to all kinds of dishes. Light toasting will improve their flavour.

SIDE DISHES

Red Fried Rice

This vibrant rice dish owes its appeal as much to the bright colours of red onion, red pepper and tomatoes as it does to their flavours.

Ingredients:
Serves 2
145 g/4 1/2 oz/ 3/4cup basmati rice
30 ml/2 tbsp peanut oil
1 small red onion, chopped
1 red pepper, seeded and chopped
225 g/8 oz cherry tomatoes, halved
2 eggs, beaten
Salt and freshly ground black pepper

1-Wash the rice several times under cold running water. Drain well. Bring a large pan of water to the boil. Add the rice and cook for 10-12 minutes.

2-Meanwhile, heat the oil in a wok until very hot. Add the onion and red pepper and stir-fry for 2-3 minutes. Add the cherry tomatoes and continue stir-frying for 2 minutes more.

3-Pour in the beaten eggs all at once. Cook for 30 seconds without stirring, then stir to break up the egg as it sets.

4-Drain the cooked rice thoroughly. Add to the wok and toss it over the heat with the vegetables and egg mixture for 3 minutes. Season with salt and pepper and serve immediately.

SIDE DISHES

Chinese Brussels Sprouts

If you are bored with plain boiled Brussels sprouts, try pepping them up Chinese-style with this unusual stir-fried method.

Ingredients:
Serves 4
450 g/l lb Brussels sprouts

5 ml/ 1 tsp sesame or sunflower oil
2 spring onions, sliced
2.5 ml/ ½ tsp Chinese five-spice powder
15 ml/ 1 tbsp light soy sauce

1-Trim the Brussels sprouts, then shred them finely using a large sharp knife or a food processor.

2-Heat the oil and add the sprouts and spring onions. Stir-fry for about 2 minutes, without allowing the mixture to brown.

3-Stir in the five-spice powder and soy sauce, then cook, stirring, for a further 2-3 minutes, until just tender. Serve hot with other Chinese dishes.

SIDE DISHES

Festive Brussels Sprouts

This recipe originated in France, where it is a popular side dish at Christmas time.

Ingredients:
Serves 4-6
225 g/8 oz chestnuts
120 ml/4 fl oz/ 1/2 cup milk
500 g/ 1 ¼ lb/4 cups small tender Brussels sprouts
25 g/1 oz/2 tbsp butter
1 shallot, finely chopped
30-45 ml/2-3 tbsp dry white wine or water

1-Using a small knife, score a cross in the base of each chestnut. Bring a saucepan of water to the boil over medium- high heat, then drop in the chestnuts and boil for 6-8 minutes. Remove pan from the heat.

2-Using a slotted spoon, rernove a few chestnuts from the pan, leaving the others immersed in the water until ready to peel. Before the chestnuts cool, remove the outer shell with a knife and then peel off the inner skin.

3-Rinse the pan, return the peeled chestnuts to it and add the milk. Top up with enough water to completely cover the chestnuts. Simmer over medium heat for 12-15 minutes until the chestnuts are just tender. Drain and set aside.

4-Remove any wilted or yellow leaves from the Brussels sprouts. Trim the root ends but leave intact or the leaves will separate. Using a small knife, score a cross in the base of each sprout so they cook evenly.

5-In a large, heavy frying pan, melt the butter over medium heat. Stir in the chopped shallot and cook for 1-2 minutes until just softened, then add the Brussels sprouts and wine or water. Cook, covered, over medium heat for 6-8 minutes, shaking the pan and stirring occasionally, adding a little more water if necessary.

6-Add the poached chestnuts 6and toss gently to combine, then cover and cook for 3-5 minutes more, until the chestnuts and Brussels sprouts are tender.

SIDE DISHES

Szechuan Aubergine

This medium-hot dish is also known as fish-fragrant aubergine in China, because the aubergine is cooked with flavourings that are often used with fish.

Ingredients:
Serves 4
2 small aubergines
5 ml/ 1 tsp salt
3 dried red chillies peanut oil, for deep frying
3-4 garlic cloves, finely chopped
1 cm// ½ in piece of fresh root ginger, finely chopped
4 spring onions, cut into 2.5 cm/1 in lengths (white and green parts separated)
15 ml/ 1 tbsp Chinese rice wine or medium-dry sherry
15 ml/ 1 tbsp light soy sauce
5 ml/1 tsp sugar
1.5 ml/ ¼ tsp ground roasted Szechuan peppercorns
15 ml/1 tbsp Chinese rice vinegar
5 ml/1 tsp sesame oil

1-Trim the aubergines and cut into strips about 4 cm/ 1 ½ in wide and 7.5 cm/3 in long. Place the aubergine strips in a colander and sprinkle over the salt. Set aside for 30 minutes, then rinse thoroughly under cold running water. Pat dry with kitchen paper,

2-Meanwhile, soak the chillies in warm water for 15 minutes. Drain, then cut each chilli into four pieces, discarding the seeds

3-Half-fill a wok with oil and heat to 180'C/350'F. Deep-fry the aubergine until golden brown. Drain on kitchen paper. Pour off most of the oil from the wok. Reheat the oil and add the garlic, ginger and white spring onion.

4-Stir-fry for 30 seconds. Add the aubergine and toss, then add the rice wine or sherry, soy sauce, sugar, ground peppercorns and rice vinegar. Stir-fry for 1-2 minutes. Sprinkle over the sesame oil and green spring onion and serve immediately.

SIDE DISHES

Chinese Greens with Soy Sauce

In this recipe, Chinese greens are prepared in a very simple way - stir-fried and served with soy sauce. The combination makes a very simple, quickly prepared, tasty accompaniment.

Ingredients:
Serves 3-4
450 g/l lb Chinese greens
30 ml/2 tbsp peanut oil
15-30 ml/1-2 tbsp plum sauce

1-Trim the Chinese greens, removing any discoloured leaves and damaged stems. Tear into manageable pieces.

2-Heat a wok until hot, add the oil and swirl it around.

3-Add the Chinese greens and stir-fry for 2-3 minutes, until the greens have wilted a little.

4-Add the plum sauce and continue to stir-fry for a few seconds more, until the greens are cooked but still slightly crisp. Serve immediately.

VARIATION:

You can replace the Chinese greens with Chinese flowering cabbage or Chinese broccoli, which is also known by its Cantonese name, Choi sam. It has green leaves and tiny yellow flowers, which are also eaten along with the leaves and stalks. It is available at Asian markets.

SIDE DISHES

Sweet and Sour Onions

Cooked in this way, sweet baby onions make an unusual yet tasty side dish. This recipe originated in the Provence region of France.

Ingredients:
Serves 6
450 g / l lb baby onions, peeled
50 mi/2 fl oz/ ¼ cup wine vinegar
45 ml/3 tbsp olive oil
40 g/ 1 ½ oz /3 tbsp caster sugar
45 mi/3 tbsp tomato pur@e
1 bay leaf
2 sprigs of fresh parsley
65 g/2 1/2 oz/ 1/2 cup raisins

salt and freshly ground black pepper

1-Put all the ingredients in a saucepan with 300 ml/ 1/2pint/l ¼ cups water. Bring to the boil and simmer gently, uncovered, for 45 minutes or until the onions are tender and most of the liquid has evaporated.

2-Remove the bay leaf and parsley, check the seasoning and transfer to a serving dish. Serve at room temperature.

SIDE DISHES

Spinach with Raisins and Pine Nuts

Raisins and Pine Nuts Raisins and pine nuts are perfect partners. Here, tossed with wilted spinach and croutons their contrasting textures make a delicious main meal accompaniment.

Ingredients:
Serves 4
50 g/2 ozl'/3cup raisins
1 thick slice crusty white bread
45 ml/3 tbsp olive oil
25 g/l oz//3cup pine nuts
500 g/ l ¼ lb young spinach, stalks removed
2 garlic cloves, crushed
salt and freshly ground black pepper

1-Put the raisins in a small bowl with boiling water and leave to soak for 10 minutes. Drain.

2-Cut the bread into cubes and discard the crusts. Heat 30 ml/2 tbsp of the oil and fry the bread until golden. Drain

3-Heat the remaining oil in the pan. Fry the pine nuts until they are beginning to colour. Add the spinach and garlic and cook quickly, turning the spinach until it has just wilted.

4-Toss in the raisins and season with salt and pepper. Transfer to a warmed serving dish. Scatter with croutons and serve hot.

V A R I A T I 0 N
Use Swiss chard or spinach beet instead of the spinach, and cook little longer.

SIDE DISHES

Hot Parsnip Fritters on Baby Spinach

Deep-frying brings out the luscious sweetness of parsnips, and their flavour is perfectly complemented by walnut-dressed baby spinach leaves.

Ingredients:
Serves 4
2 large parsnips
115 g/4 oz/1 cup plain flour
1 egg, separated
120 ml/4 fl oz/1/2 cup milk
115 g/4 oz baby spinach leaves, washed and dried
30 ml/2 tbsp olive oil
15 ml/ 1 tbsp walnut oil
15 ml/ I tbsp sherry vinegar
15 ml/ 1 tbsp coarsely chopped walnuts
Salt, freshly ground black pepper and cayenne pepper

1-Peel the parsnips, bring to the boil in a pan of salted water and simmer for 10-15 minutes, until tender but not in the least mushy. Drain, cool and cut diagonally into slices about 5 cm/2 in oil for deep frying long x 5 mm-1 cm//4-V2 in thick.

2-Put the flour in a bowl and make a well in the centre. Put the egg yolk in the well and mix in with a fork. Add the milk, while continuing to mix in the flour. Season with salt and black and cayenne peppers, and beat with a whisk until the batter is smooth.

3-Put the spinach leaves in a bowl. Mix the oils and vinegar. Season with salt and pepper.

4-When you are ready to serve, whisk the egg white to soft peaks, fold in a little of the yolk batter, then fold the white into the batter. Heat the oil for frying.

5-Shake the dressing vigorously, then toss the salad in the dressing. Arrange the leaves on 4 plates and scatter with walnuts.

6-Dip the parsnip slices in batter and fry until puffy and golden. Drain on kitchen paper and keep warm. Arrange the fritters on top of the salad leaves.

SIDE DISHES

Parsnip and Chestnut Croquettes

The distinctive sweet nutty taste of chestnuts blends perfectly with the similarly sweet but earthy flavour of parsnips. Fresh chestnuts need to be peeled but frozen chestnuts are easy to use and are nearly as good as fresh for this recipe.

Ingredients:

Makes 10-12
450 g / 1 lb parsnips, cut roughly into small pieces
115 g/4 oz frozen chestnuts
25 g / 1 oz/2 tbsp butter
1 garlic clove, crushed
15 ml/1 tbsp chopped fresh coriander
1 egg, beaten
40-50 g/ 11/2-2 oz fresh white breadcrumbs
Vegetable oil, for frying
Salt and freshly ground black pepper
Sprig of fresh coriander, to garnish

1-Place the parsnips in a saucepan with enough water to cover. Bring to the boil, cover and simmer for 15-20 minutes.

2-Place the frozen chestnuts in a pan of water, bring to the boil and simmer for 8-10 minutes. Drain, place in a bowl and mash roughly into a pulp.

3-Melt the butter in a saucepan and cook the garlic for 30 seconds. Drain the parsnips and mash with the garlic butter. Stir in the chestnuts and coriander. Season with salt and pepper.

4-Take about 15 ml/ 1 tbsp of the mixture at a time and form into small croquettes, about 7.5 cm/3 in long. Dip each croquette into the beaten egg and then roll in the breadcrumbs.

5-Heat a little oil in a frying pan and fry each of the croquettes for 3-4 minutes until crisp and golden, turning frequently so they brown evenly.

6-Drain the croquettes on sheets 6of kitchen paper, wiping away any excess oil, and serve at once, garnished with sprigs of fresh coriander.

SIDE DISHES

Fried Noodles, Beansprouts and Asparagus

Soft fried noodles contrast beautifully with crisp beansprouts and asparagus in this super-quick recipe.

Ingredients:
Serves 2
115 g/4 oz dried egg noodles
60 ml/4 tbsp vegetable oil
1 small onion, chopped
2.5 cm/ 1 in piece of fresh root ginger, peeled and grated
2 garlic cloves, crushed
175 g/6 oz young asparagus spears, trimmed
115 g/4 oz beansprouts

4 spring onions, sliced
45 ml/3 tbsp soy sauce
Salt and freshly ground black pepper

1-Bring a pan of salted water to the boil. Add the noodles and cook for 2-3 minutes, until just tender. Drain and toss in 30 ml/2 tbsp of the oil.

2-Heat the remaining oil in a wok or frying pan until very hot. Add the onion, ginger and garlic and stir-fry for 2-3 minutes. Add the asparagus and stir-fry for 2-3 minutes more.

3-Add the egg noodles and beansprouts and stir-fry for 2 minutes.

4-Stir in the spring onions and soy sauce. Season with salt and pepper, adding salt sparingly as the soy sauce will probably supply enough salt in itself Stir-fry for 1 minute then serve at once.

SIDE DISHES

Deep-fried Root Vegetables with Spiced Salt

All kinds of root vegetables may be finely sliced and deep-fried to make 'chips' Serve as an accompaniment to an oriental-style meal or simply by themselves as a nibble.

Ingredients:
Serves 4-6
1 carrot
2 parsnips
2 raw beetroot
1 sweet potato
Peanut oil, for deep frying
1.5 ml/ ¼ tsp cayenne pepper
1 tsp sea salt flakes

1-Peel all the vegetables, then slice the carrot and parsnips into long, thin ribbons, and the beetroot and sweet potato into thin rounds. Pat dry all the vegetables on kitchen paper.

2-Half-fill a wok with oil and heat to 180oC/350oF. Add the vegetable slices in batches and deep-fry for 2-3 minutes, until golden and crisp. Remove and drain on kitchen paper.

3-Place the cayenne pepper and sea salt in a mortar and grind together to a coarse powder.

4-Pile up the vegetable 'chips' on a serving plate and sprinkle over the spiced salt.

COOK'S TIP
To save time, you can slice the vegetables using a mandoline or a blender or food processor with a thin slicing disc attached.

SIDE DISHES

Frijoles

A traditional Mexican bean dish that tastes great with tortillas and vegetable chilli.

Ingredients:
Serves 6-8
350 g/12 oz/ 1 ¼- 1 ½ cups dried red kidney, pinto or black haricot beans, picked over and rinsed
2 onions, finely chopped
2 garlic cloves, chopped
1 bay leaf I or more small fresh green chillies
30 ml/2 tbsp corn oil
2 tomatoes, peeled, seeded and chopped
Salt
Sprigs of fresh bay leaves, to garnish

1-Put the beans into a pan and add cold water to cover by 2.5 cm/ 1 in.

2-Add half the onion, half the garlic, the bay leaf and the chilli or chillies. Bring to the boil and boil vigorously for about 10 minutes. Put the beans and liquid into an earthenware pot or large saucepan, cover and cook over low heat for 30 minutes. Add boiling water if the mixture starts to become dry.

3-When the beans begin to wrinkle, add 15 ml/ I tbsp of the corn oil and cook for a further 30 minutes, or until the beans are tender. Add salt to taste and cook for 30 minutes more, but try to avoid adding any more water.

4-Remove the beans from the heat. Heat the remaining oil in a small frying pan and saute the remaining onion and garlic together until the onion is soft. Add the tomatoes and cook for a few minutes more.

5-Spoon 45 ml/3 tbsp of the beans out of the pot or pan to and add them to the tomato mixture. Mash to a paste. Stir into the beans to thicken the liquid. Cook for just long enough to heat through, if necessary. Serve the beans in small bowls and garnish with fresh bay leaves.

SIDE DISHES

Peas with Baby Onions and Cream

Ideally, use fresh peas and fresh baby onions, Frozen peas are an acceptable substitute if fresh ones aren't available, but frozen onions tend to be insipid and are not worth using. Alternatively, use the white parts of spring onions.

Ingredients:
Serves 4
175 g/ 6 oz baby onions
15 g/ ½ oz/1 tbsp butter
900 g/ 2 lb fresh peas (abut 350 g/12 oz shelled or frozen)
150 ml / ¼ pint/ 2/3 cup double cream
15 g/ 1/2 oz /2 tbsp plain flour
10 ml/2 tsp chopped fresh parsley
15-30 ml/1-2 tbsp lemon juice (optional)
Salt and freshly ground black pepper

1-Peel the onions and halve them if necessary. Melt the butter in a flameproof casserole and fry the onions for 5-6 minutes over a moderate heat, until they begin to be flecked with brown.

2-Add the peas and stir-fry for a few minutes. Add 120 ml / 4 fl oz/ ½ cup water and bring to the boil. Partially cover and simmer for about 10 minutes, until the peas and onions are tender. There should be a thin layer of water on the base of the pan - add a little more water if necessary or, if there is too much liquid, remove the lid and increase the heat until the liquid is reduced.

3-Using a small whisk, blend the cream with the flour. Remove the pan from the heat and stir in the combined cream and flour and chopped parsley. Season with salt and pepper.

4-Cook over a gentle heat for 3-4 minutes, until the sauce is thick. Taste and adjust the seasoning; add a little lemon juice to sharpen, if desired.

SIDE DISHES

Red Cabbage in Port and Red Wine

A sweet and sour, spicy red cabbage dish, with the added crunch of pears and walnuts.

Ingredients:
Serves 6
15 ml/1 tbsp walnut oil
1 onion, sliced
2 whole star anise
5 ml/1 tsp ground cinnamon
Pinch of ground cloves
450 g / 1 lb red cabbage, finely shredded
25 g / 1 oz/2 tbsp dark brown sugar
45 ml/3 tbsp red wine vinegar
300 ml / 1/2 pint/1 ¼ cups red wine

150 ml/l/4pint/2/3 cup port
2 pears, cut into 1 cm/1/2 in cubes
115 g/4 oz//2cup raisins
115 g/4 oz//2 cup walnut halves
salt and freshly ground black pepper

1-Heat the oil in a large pan. Add the onion and cook gently for about 5 minutes, until softened.

2-Add the star anise, cinnamon, cloves and cabbage and cook for about 3 minutes more.

3-Stir in the sugar, vinegar, red wine and port. Cover the pan and simmer gently for 10 minutes, stirring occasionally.

4-Stir in the cubed pears and 4raisins and cook for a further 10 minutes, or until the cabbage is tender. Season with salt and pepper. Mix in the walnut halves and serve.

COOK'S TIP
You can braise this dish in a low oven for up to 1 1/2 hours.

SIDE DISHES

Beetroot and Celeriac Gratin

Beautiful ruby-red slices of beetroot and celeriac make a stunning light accompaniment to any main course dish.

Ingredients:
Serves 6
350 g/12 oz raw beetroot
350 g/12 oz raw celeriac
4 sprigs of fresh thyme, chopped
6 juniper berries, crushed
120 rnl/4 fl oz//1/2 cup fresh orange juice
120 ml/4 fl oz/1/2 cup vegetable stock
Salt and freshly ground black pepper

1-Preheat the oven to I 190oC/375oF/Gas 5. Peel and slice the beetroot very finely. Quarter and peel the celeriac and slice very finely.

2-Fill a 25 cm/10 in diameter, cast iron, ovenproof or flameproof frying pan with alternate layers of beetroot and celeriac slices, sprinkling with thyme, juniper and salt and pepper between each layer.

3-Mix the orange juice and stock together and pour over the gratin. Place over a medium heat and bring to the boil. Boil for 2 minutes.

4-Cover with foil and place in 4the oven for 15-20 minutes. Remove the foil and raise the oven temperature to 200'C/400'F/Gas 6. Cook for a further 10 minutes.

SIDE DISHES

Runner Beans with Garlic

Delicate and fresh-tasting flageolet beans and sautéed garlic add a distinctly French flavour to this simple side dish.

Ingredients:
Serves 4
225 g/8 oz/1 1/4 cups flageolet beans
15 mi/I tbsp olive oil
25 g/ 1oz/2 tbsp butter
1 onion, finely chopped
1-2 garlic cloves, crushed
3-4 tomatoes, peeled and chopped
350 g/12 oz runner beans, prepared and sliced
150 ml/'1/4 pint//3 cup white wine
150 ml/1/4 pint//3 cup vegetable stock
30 ml/2 tbsp chopped fresh parsley
Salt and freshly ground black pepper

1-Place the flageolet beans in a 1 large saucepan of water, bring to the boil and simmer for 3/4-1 hour, until tender.

2-Heat the olive oil and butter in a large frying pan and saute the onion and garlic for 3-4 rminutes, until soft.

3-Add the chopped tomatoes to the onions in the pan and continue cooking over a gentle heat, until they are soft. Stir the flageolet beans into the 4onion and tomato mixture, then add the runner beans, wine, stock and a little salt. Stir. Cover and simmer for 5-10 minutes.

5-Increase the heat to reduce the 5 liquid, then stir in the parsley, more salt, if necessary, and pepper.

SIDE DISHES

Green Lima Beans in Chilli Sauce

Try this fabulous dish of lima beans with a tomato and chilli sauce for warming up on winter evenings.

Ingredients:
Serves 4
450 g/l lb green lima or broad beans, thawed if frozen
30 mi/2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, chopped
350 g/ 1 2 oz tomatoes, peeled, seeded and chopped
1 or 2 drained canned jalapeno chillies, seeded and chopped
Salt
Chopped fresh coriander, to garnish

1-Cook the beans in a saucepan of boiling water for 15-20 minutes, until tender. Drain and keep hot, to one side, in the covered saucepan.

2-Heat the olive oil in a frying pan and saute the onion and garlic until the onion is soft but not brown. Add the tomatoes and cook until the mixture thickens.

3-Add the jalapenos and cook for 31-2 minutes. Season with salt.

4-Pour the mixture over the reserved beans and check that they are hot. If not, return every- thing to the frying pan and cook over low heat for just long enough to heat through. Put into a warmed serving dish, garnish with coriander and serve.

SIDE DISHES

Courgettes with Sun-dried Tomatoes

Sun-dried tomatoes have a concentrated, sweet flavour that goes well with courgettes.

Ingredients:
Serves 6
10 sun-dried tomatoes, dry or preserved in oil and drained
175 ml/6 fl oz//4 cup warm water
75 ml/5 tbsp olive oil I large onion, finely sliced
2 garlic cloves, finely chopped
1 kg/2 1/4 lb courgettes, cut into thin strips salt and freshly ground black pepper

1-Slice the sun-dried tomatoes into thin strips. Place in a bowl with the warm water. Allow to stand for 20 minutes.

2-In a large frying pan or saucepan, heat the oil and stir in the onion. Cook over low to moderate heat until the onion softens but does not brown.

3-Stir in the garlic and courgette strips. Cook for about 5 minutes, continuing to stir the mixture.

4-Stir in the tomatoes and their 4soaking liquid. Season with salt and pepper. Raise the heat slightly and cook until the courgettes are just tender. Adjust seasoning and serve hot or cold.

SIDE DISHES

Tomato and Okra Stew

Okra is an unusual and delicious vegetable. It releases a sticky sap when cooked, which helps to thicken the stew.

Ingredients:
Serves 6
15 ml/1 tbsp olive oil
1 onion, chopped
350 g/12 oz jar pimientos, drained
2 x 400 g/14 oz cans chopped tomatoes
275 g/10 oz okra
30 rnl/2 tbsp chopped fresh parsley
Salt and freshly ground black pepper

1-Heat the oil in a heavy-based pan. Add the onion and cook for 2-3 minutes.

2-Coarsely chop the pimientos and add to the onion. Add the chopped tomatoes and mix well.

3-Cut the tops off the okra and cut into halves or quarters if large. Add to the tomato sauce in the pan. Season with plenty of salt and pepper.

4-Bring the vegetable stew to the boil. Then lower the heat, cover the pan and simmer for 12 minutes, until the vegetables are tender and the sauce has thickened. Stir in the chopped parsley and serve at once.

SIDE DISHES

Glazed Carrots with Cider

This recipe is extremely simple to make. The carrots are cooked in the minimum of liquid to bring out the best of their flavour, and the cider adds a pleasant sharpness.

Ingredients:
Serves 4
450 g/1 lb young carrots
25 g/l oz/2 tbsp butter
15 ml/ I tbsp brown sugar
120 ml/4 fl oz/ 1/2cup cider
60 ml/4 tbsp vegetable stock or water

1 tsp Dijon mustard
15 ml / 1 tbsp finely chopped fresh parsley

1-Trim the tops and bottoms of the carrots. Peel or scrape them. Using a sharp knife, cut them into julienne strips.

2-Melt the butter in a frying pan add the carrots and saute for 4-5 minutes, stirring frequently. Sprinkle over the sugar and cook, stirring, for I minute or until the sugar has dissolved.

3-Add the cider and stock or water, bring to the boil and stir in the Dijon mustard. Partially cover the pan and simmer for 10-12 minutes, until the carrots are just tender. Remove the lid and continue cooking until the liquid has reduced to a thick sauce.

4-Remove the saucepan from the heat, stir in the chopped fresh parsley and then spoon into a warmed serving dish.

COOK'S TIP
If the carrots are cooked before the liquid in the saucepan has reduced, transfer the carrots to a serving dish and rapidly boil the liquid until thick. Pour over the
carrots and sprinkle with parsley.

SIDE DISHES

Broccoli and Cauliflower Gratin

Broccoli and cauliflower make an attractive combination, and a yogurt and cheesy sauce gives them extra piquant flavour.

Ingredients:
Serves 4
1 small cauliflower (about 250 g/9 oz)
I small head broccoli (about 250 g/9 oz)
150 g/5 oz//i cup natural yogurt
75 g/3 oz/1 cup grated Cheddar cheese
5 ml/I tsp wholegrain mustard
30 nil/2 tbsp wholemeal breadcrumbs
salt and freshly ground black pepper

1-Break the cauliflower and broccoli into florets and cook in lightly salted boiling water for about 8-10 minutes, until just tender. Drain well and transfer to a flameproof dish.

2-Mix together the yogurt, grated cheese and mustard, then season the mixture with salt and pepper and spoon over the cauliflower and broccoli.

3-Preheat the grill to moderately hot. Sprinkle the breadcrumbs over the top of the vegetables and grill until golden brown. Serve hot.

COOK'S TIP
When preparing the cauliflower and broccoli, discard the tougher parts of the stalk, then break the florets into even-size pieces so they cook evenly.

Light Lunches

Summer Tomato Pasta

This is a deliciously light pasta dish, full of fresh flavours. Use buffalo-milk mozzarella if you can - the flavour is noticeably better.

Ingredients:
Serves 4
275 g/10 oz/2 1/4 cups dried penne
450 g/1 lb plum tomatoes
275 g/10 oz mozzarella, drained
60 ml/4 tbsp olive oil
15 ml/ 1 tbsp balsamic vinegar
Grated rind and juice of 1 lemon
15 fresh basil leaves, shredded
Salt and freshly ground black pepper
Fresh basil leaves, to garnish

1-Cook the pasta in boiling salted water, according to the package instructions, until just tender.

2-Quarter the tomatoes and remove the seeds, then chop the flesh into small cubes. Slice up the mozzarella into similarly sized pieces.

3-Mix together the olive oil, balsamic vinegar, grated lemon rind, 15 ml/I tbsp of the lemon juice and the basil. Season with salt and pepper. Add the tomatoes and mozzarella and leave to stand until the pasta is cooked.

4-Drain the pasta and toss with the tomato mixture. Serve immediately, garnished with fresh basil leaves.

LIGHT LUNCHES

Pappardelle and Provencal Sauce

A classic French sauce of tomatoes and fresh vegetables adds colour and robust flavour to pasta.

Ingredients:
Serves 4
2 small purple onions, peeled, root left intact
150 ml/1/4pint/ 2/3 cup vegetable stock
1-2 garlic cloves, crushed
60 ml/4 tbsp red wine
2 courgettes, cut into fingers
1 yellow pepper, seeded and sliced
400 g/14 oz can tomatoes
10 ml/2 tsp chopped fresh thyme
5 ml/ 1 tsp caster sugar
350 g/ 1 2 oz pappardelle
Salt and freshly ground black pepper
Fresh thyme and 6 black olives, stoned and roughly chopped, to garnish

1-Cut each onion into eight wedges through the root end, to hold them together during cooking. Put into a saucepan with the stock and garlic. Bring to the boil, cover and simmer for 5 minutes, until tender.

2-Add the red wine, courgettes, 2yellow pepper, tomatoes, thyme and sugar. Season with salt and pepper. Bring to the boil and cook gently for 5-7 minutes, shaking the pan occasionally to coat the vegetables with the sauce. (Do not overcook the vegetables as they are much nicer if they are slightly crunchy.)

3-Cook the pasta in a large pan of boiling salted water according to the instructions on the package, until tender. Drain the pasta thoroughly.

4-Transfer to a warmed serving dish and top with the vegetables. Garnish with fresh thyme and chopped black olives.

LIGHT LUNCHES

Pasta Primavera

There's no better way to showcase the best of the spring season's young vegetables than in this delightful pasta dish.

Ingredients:
Serves 4
225 g/8 oz thin asparagus spears, cut in half
115 g/4 oz mangetouts, topped and tailed
115 g/4 oz whole baby sweetcorn
225 g/8 oz whole baby carrots
1 small red pepper, seeded and chopped
8 spring onions, sliced
225 g/ 8 oz torchietti

150 ml/1/4 pint/l/3 cup cottage cheese
150 ml/l/4 pint/l/3 cup low-fat yogurt
15 ml/1 tbsp lemon juice
15 ml/ 1 tbsp chopped fresh parsley milk (optional)
15 ml/1 tbsp snipped chives
Salt and freshly ground black pepper
Sun-dried tomato bread, to serve

1-Cook the thin asparagus spears in a pan of boiling salted water for 3-4 minutes. Add the mangetouts halfway through the cooking time. Drain and rinse both under cold water.

2-Cook the baby sweetcorn, carrots, red pepper and spring onions in the same way until tender. Drain and rinse.

3-Cook the pasta in a large pan of boiling salted water until tender. Drain thoroughly. Put the cottage cheese, yogurt, lemon juice and parsley into a food processor or blender. Season with salt and pepper, then process until smooth. Thin the sauce with a little milk, if necessary.

4-Put the sauce into a large pan 4with the pasta and vegetables, heat gently and toss carefully. Transfer to a warmed serving plate, scatter the chives over the top and serve with sun-dried tomato bread.

LIGHT LUNCHES

Pasta with Pesto Sauce

Don't stint on the fresh basil - this is the most wonderful sauce in the world! And it tastes completely different from the ready-made pesto sold in jars.

Ingredients:
Serves 4
2 garlic cloves
50g/ 2 oz/ ½ cup pine nuts
40g/ 1 ½ oz/ 1 cup fresh basil leaves
150ml/ 1/4 pint/ 2/3 cup olive oil
50g/ 2 oz/4 tbsp unsalted butter, softened
60ml/ 4 tbsp freshly grated Parmesan cheese
450g / 1 lb spaghetti salt and ground black pepper

1-Peel the garlic and process in a blender or food processor with a little salt and the pine nuts until broken up. Add the basil leaves and continue mixing to a paste.

2-Gradually add the olive oil, little by little, until the mixture is creamy and thick.

3-Beat in the butter and season with ground black pepper. Beat in the cheese. Alternatively, you can make the pesto by hand using a pestle and mortar.

4-Store the pesto sauce in a jar, with a layer of olive oil on top to exclude the air, in the fridge until needed.

5-Cook the pasta in plenty of boiling salted water according to the instructions on the packet, until al dente. Drain well.

6-Toss the pasta with half the 6pesto and serve in warm bowls, with the remaining pesto sauce spooned over the top.

LIGHT LUNCHES

Penne with Fennel, Tomato and Blue Cheese

The anise flavour of the fennel makes it the perfect partner for tomato, especially when topped with blue cheese.

Ingredients:
Serves 2
1 fennel bulb
225 g/8 oz/2 cups penne or other dried pasta shapes
30 ml/2 tbsp olive oil
1 shallot, finely chopped
300 ml/l/2pint/ 1 ¼ cups passata
Pinch of sugar
5 ml/ 1 tsp chopped fresh oregano
115 g/4 oz blue cheese
Salt and freshly ground black pepper

1-Cut the fennel bulb in half Cut away the hard core and root. Slice the fennel thinly, then cut the slices into strips.

2-Bring a large pan of salted water to the boil. Add the pasta and cook for 10-12 minutes, until

3-Meanwhile, heat the oil in a small saucepan. Add the fennel and shallot and cook for 2-3 minutes over high heat, stirring occasionally.

4-Add the passata, sugar and oregano. Cover the pan and simmer gently for 10-12 minutes, until the fennel is tender. Season with salt and pepper. Drain the just tender.
pasta and return it to the pan. Toss with the sauce. Serve with blue cheese crumbled over the top.

LIGHT LUNCHES

Peanut Noodles

Add any of your favourite vegetables to this quick lunch recipe - and increase the quantity of chilli, if you can take the heat!

Ingredients:

Serves 4
200 g/7 oz medium egg noodles
30 mi/2 tbsp olive oil
2 garlic cloves, crushed
1 large onion, roughly chopped
1 red pepper, seeded and roughly chopped
1 yellow pepper, seeded and roughly chopped
350 g/12 oz courgettes, roughly chopped
150 g/5 oz/generous 3/4 cup roasted unsalted peanuts, roughly chopped

For the dressing
50 ml/2 fl oz/ l/4 cup olive oil
Grated rind and juice of 1 lemon
1 fresh red chilli, seeded and finely chopped
45 ml/3 tbsp snipped fresh chives
15-30 ml/1-2 tbsp balsamic vinegar
Salt and freshly ground black pepper
Snipped fresh chives, to garnish

1-Cook the noodles according to the package instructions and drain well.

2- Meanwhile, heat the oil in a very large frying pan or wok and cook the garlic and onion for 3 minutes, or until beginning to soften. Add the peppers and courgettes a cook for a further 15 minutes over a medium heat until beginning to soften and brown. Add the peanuts and cook for a further 1 minute.

3-Whisk together the olive oil, grated lemon rind and 45 ml/ 3 tbsp of the lemon juice, the chilli, chives and balsamic vinegar to taste. Season with salt and pepper.

4-Toss the noodles into the vegetables and stir-fry to heat through. Add the dressing, stir to coat and serve immediately, garnished with fresh chives.

LIGHT LUNCHES

Stir-fried Vegetables with Cashew Nuts

Stir-frying is the perfect way to make a delicious, colourful and very speedy meal.

Ingredients:
Serves 4
900 g/2 lb mixed vegetables (see Cook's Tip)
30-60 ml/2-4 tbsp sunflower or olive oil
2 garlic cloves, crushed
15 rnl / l tbsp grated fresh root ginger
50 g/2 oz//2 cup cashew nuts or 60 ml/ 4 tbsp sunflower seeds, pumpkin seeds or sesame seeds
Soy sauce
Salt and freshly ground black pepper

1-Prepare the vegetables according to type. Carrots and cucumber should be cut into very fine matchsticks.

2-Heat a frying pan, then trickle the oil around the rim so that it runs down to coat the surface. When the oil is hot, add the garlic and ginger and cook for 2-3 minutes, stirring. Add the harder vegetables and toss over the heat for a further 5 minutes, until they start to soften.

3-Add the softer vegetables and stir-fry all of them over a high heat for 3-4 minutes.

4-Stir in the cashew nuts or seeds. Season with soy sauce, salt and pepper. Serve at once.

COOK'S TIP
Use a pack of stir-fry vegetables or make up your own mixture. Choose from carrots, mangetouts, baby sweetcorn, pak choi, cucumber, beansprouts, mushrooms, peppers and spring onions. Drained canned bamboo shoots and water chestnuts are delicious additions.

LIGHT LUNCHES

Rice Noodles with Vegetable Chilli Sauce

Fresh chilli and coriander combine to give this recipe quite a strong flavour kick.

Ingredients:
Serves 4
15 ml/1 tbsp sunflower oil
1 onion, chopped
2 garlic cloves, crushed
1 fresh red chilli, seeded and finely chopped
1 red pepper, seeded and diced
2 carrots, finely chopped
175 g/6 oz baby sweetcorn, halved
225 g/8 oz can sliced bamboo shoots, rinsed and drained
400 g/14 oz can red kidney beans, rinsed and drained
300 ml/ 1/2 pint/ 1 1/4 cups passata
15 rnl/1 tbsp soy sauce
5 ml/1 tsp ground coriander
250 g/9 oz rice noodles
30 rnl/2 tbsp chopped fresh coriander
Salt and freshly ground black pepper
Fresh parsley sprigs, to garnish

1-Heat the oil in a saucepan, add the onion, garlic, chilli and red pepper and cook gently for 5 minutes, stirring. Add the carrots, sweetcorn, bamboo shoots, kidney beans, passata, soy sauce and ground coriander and stir to mix.

2-Bring to the boil, then cover and simmer gently for 30 minutes, stirring occasionally, until the vegetables are tender. Season with salt and pepper.

3-Meanwhile, place the noodles in a bowl and cover with boiling water. Stir with a fork and leave to stand for 3-4 minutes or according to the package instructions. Rinse and drain.

4- Stir the fresh Coriander into the sauce. Spoon the noodles on to warmed serving plates, top with the sauce, garnish with parsley and serve.

LIGHT LUNCHES

Frittata with Sun-dried Tomatoes

Adding just a few sun-dried tomatoes gives this frittata a distinctly Mediterranean flavour.

Ingredients:
Serves 3-4
6 sun-dried tomatoes, dry or in oil and drained
60 ml/4 tbsp olive oil
1 small onion, finely chopped
Pinch of fresh thyme leaves
6 eggs
50 g/2 oz/ 1/2 cup freshly grated Parmesan cheese
Salt and freshly ground black pepper

1-Place the tomatoes in a small bowl and pour on enough hot water to just cover them. Soak for about 15 minutes. Lift the tomatoes out of the water and slice them into thin strips. Reserve the soaking water.

2-Heat the oil in a large non-stick or heavy frying pan. Stir in the onion and cook for 5-6 minutes or until soft and golden. Add the tomatoes and thyme and continue to stir over moderate heat for 2-3 minutes. Season with salt and pepper.

3-Break the eggs into a bowl and beat lightly with a fork. Stir in 45-60 rnl/3-4 tbsp of the tomato soaking water and the grated Parmesan cheese.

4-Raise the heat under the pan. When the oil is sizzling, pour in the eggs. Mix them quickly into the other ingredients and stop stirring. Lower the heat to moderate and cook for 4-5 minutes on the first side, or until the frittata is puffed and golden brown underneath.

5-Take a large plate, place it 5 upside down over the pan and, holding it firmly with oven gloves, turn the pan and the frittata over on to it. Slide the frittata back into the pan and continue cooking until golden brown on the second side, 3-4 minutes more. Remove from the heat. The frittata can be served hot, at room temperature or cold. Cut it into wedges to serve.

LIGHT LUNCHES

Vegetable Fajitas

A colourful medley of mushrooms and peppers in a spicy sauce, wrapped in tortillas and served with creamy guacamole.

Ingredients:
Serves 2
1 onion
1 red pepper
1 green pepper
1 yellow pepper
1 garlic clove, crushed
225 g/8 oz mushrooms
90 ml/6 tbsp vegetable oil
30 ml/2 tbsp medium chilli powder
salt and freshly ground black pepper

For the guacamole
1 ripe avocado
1 shallot, coarsely chopped
1 fresh green chilli, seeded and coarsely chopped
Juice of 1 lime

To serve
4-6 flour tortillas, warmed
1 lime, cut into wedges
Sprigs of fresh coriander

1-Slice the onion. Cut the peppers in half, remove the seeds and cut the flesh into strips. Combine the onion and peppers in a bowl. Add the crushed garlic and mix lightly.

2-Remove the mushroom stalks. Save for making stock, or discard. Slice the mushroom caps and add to the pepper mixture in the bowl. Mix the oil and chilli powder in a cup, pour over the vegetable mixture and stir well. Set aside.

3-Make the guacamole. Cut the avocado in half and remove the stone and the peel. Put the flesh into a food processor or blender with the shallot, green chilli and lime juice.

4-Process for 1 minute, until smooth. Scrape into a small bowl, cover tightly and put in the fridge to chill until required.

5-Heat a frying pan or wok until very hot. Add the marinated vegetables and stir-fry over high heat for 5-6 minutes, until the mushrooms and peppers are just tender. Season with salt and pepper. Spoon the filling on to each tortilla and roll up. Garnish with coriander and serve with the guacamole and lime wedges.

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LIGHT LUNCHES

Baked Eggs with Creamy Leeks

This is a traditional French way of enjoying eggs. You can vary the dish quite easily by experimenting with other vegetables, such as pureed spinach or ratatouille, as a base.

Ingredients:
Serves 4
15 g/l/2 oz/1 tbsp butter, plus extra for greasing
225 g/8 oz small leeks, thinly sliced
75-90 ml/5-6 tbsp whipping cream
Freshly grated nutmeg
4 eggs
Salt and freshly ground black pepper

1-Preheat the oven to 190oC/375oF Gas 5. Generously butter the base and sides of four ramekin dishes or individual souffle dishes.

2-Melt the butter in a small frying pan and cook the leeks over medium heat, stirring frequently, until softened but not browned.

3-Add 45 ml/3 tbsp of the cream and cook gently for about 5 minutes, until the leeks are very soft and the cream has thickened a little. Season with salt, pepper and nutmeg.

4-Arrange the ramekins in a small roasting tin and divide the leeks among them. Break an egg into each, spoon 5-10 ml/ 1-2 tsp of the remaining cream over each egg and season lightly.

5-Pour boiling water into the roasting tin to come halfway up the side of the ramekins or souffle dishes. Bake for about 10 minutes, until the whites are set and the yolks are still soft, or a little longer if you prefer them more well done.

V A R I A T I 0 N
Put 15 ml/ 1 tbsp of cream in each dish with some chopped herbs. Break in the eggs, add 15 ml/ 1 tbsp cream and a little grated cheese, then bake.

LIGHT LUNCHES

Chinese Garlic Mushrooms

Tofu is high in protein and very low in fat, so it is a very useful food to keep handy for quick meals and snacks like this one.

Ingredients:
Serves 4
8 large open-cap mushrooms
3 spring onions, sliced

1 garlic clove, crushed
30 ml/2 tbsp mushroom sauce
275 g/10 oz packet marinated tofu (beancurd), cut into small dice
200 g/7 oz can sweetcorn, drained
10 ml/2 tsp sesame oil
salt and freshly ground black pepper

1-Preheat the oven to 200oC/400oF/Gas 6. Finely chop the mushroom stalks and mix with the spring onions, garlic and mushroom sauce.

2-Stir in the diced marinated tofu and sweetcorn, season with salt and pepper, then spoon the filling into the mushrooms.

3-Brush the edges of the 3mushrooms with the sesame oil. Arrange the stuffed mushrooms in a baking dish and bake for 12-15 minutes, until the mushrooms are just tender, then serve at once.

COOK'S TIP
If you prefer, omit the musnroom sauce and use light soy sauce instead.

LIGHT LUNCHES

Savoury Nut Loaf

This delicious nut loaf makes perfect picnic food.

Ingredients:
Serves 4
15 ml/1 tbsp olive oil, plus extra for greasing
1 onion, chopped
1 leek, chopped
2 celery sticks, finely chopped
225 g/8 oz mushrooms, chopped
2 garlic cloves, crushed
425 g/l 5 oz can lentils, rinsed and drained
115 g/4 oz/1 cup mixed nuts, such as hazelnuts, cashew nuts and almonds, finely chopped 50 g/2 oz/ ½ cup flour
50 g/2 oz//2 cup grated mature Cheddar cheese
1 medium egg, beaten
45-60 ml/3-4 tbsp chopped fresh mixed herbs
Salt and freshly ground black pepper
Chives and sprigs of fresh flat leaf parsley, to garnish

1-Preheat the oven to 190oC/375oF/Gas 5. Lightly grease the base and sides of a 900 g/2 lb loaf tin and line with greaseproof paper.

2-Heat the oil in a large saucepan, add the chopped onion, leek, celery sticks and mushrooms and the crushed garlic, then cook gently for 10 minutes, until the vegetables have softened, stirring occasionally.

3-Add the lentils, mixed nuts, flour, grated cheese, egg and herbs. Season with salt and pepper and mix thoroughly.

4-Spoon the nut, vegetable and lentil mixture into the prepared loaf tin, ensuring that it is pressed into the corners, and level the surface. Bake, uncovered, for 50-60 minutes, or until the nut loaf is lightly browned on top and firm to the touch.

5-Cool the loaf slightly in the tin, then turn out on to a serving plate. Serve hot or cold, cut into slices and garnished with chives and flat leaf parsley.

LIGHT LUNCHES

Spicy Bean and Lentil Loaf

An appetizing, high-fibre savoury loaf, ideal for packed lunches.

Ingredients:
Serves 12
10 ml/2 tsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
2 celery sticks, finely chopped
400 g/14 oz can red kidney beans
400 g/ 1 4 oz can lentils
1 egg
1 carrot, coarsely grated
50 g/2 oz/1/2 cup finely grated mature Cheddar cheese
50 g/2 oz/1 cup fresh wholemeal breadcrumbs
15 ml/1 tbsp tomato puree
15 ml/1 tbsp tomato ketchup
5 ml/1 tsp each ground cumin, ground coriander and hot chilli powder
Salt and freshly ground black pepper
Salad, to serve

1-Preheat the oven to 180oC/350oF/Gas 4. Lightly grease a 900 g/2 lb loaf tin.

2-Heat the oil in a saucepan, add the onion, garlic and celery and cook gently for 5 minutes, stirring occasionally. Remove the pan from the heat and cool slightly.

3-Rinse and drain the beans and lentils. Put in a blender or food processor with the onion mixture and egg and process until smooth.

4-Transfer the mixture to a bowl, 4add all the remaining ingredients and mix well. Season with salt and pepper.

5-Spoon the mixture into the 5 prepared tin and level the surface. Bake for about I hour, then remove from the tin and serve hot or cold in slices, accompanied by a salad.

LIGHT LUNCHES

Stuffed Mushrooms

This is a classic mushroom dish, strongly flavoured with garlic. Use flat mushrooms or field mushrooms that are sometimes available from farm shops.

Ingredients:
Serves 4
450 g/1 lb large flat mushrooms
Butter, for greasing
About 75 ml/5 tbsp olive oil
2 garlic cloves, crushed
45 ml/3 tbsp finely chopped fresh parsley
40-50 g/ ½ - 2 oz/1/4-1 cup fresh white breadcrumbs
Salt and freshly ground black pepper
Sprig of fresh flat leaf parsley, to garnish

1-Preheat the oven to 180oC/ 350oF/Gas 4. Cut off the mushroom stalks and reserve.

2-Arrange the mushroom caps in a buttered shallow dish, gill side upwards.

3-Heat 15 ml/ 1 tbsp of the oil in a frying pan and fry the garlic briefly. Finely chop the mushroom stalks and mix with the parsley and breadcrumbs. Add the garlic and 1 5 ml/ I tbsp of the oil. Season with salt and pepper. Pile a little of the mixture into each mushroom.

4-Add the remaining oil to the dish and cover the mushrooms with buttered greaseproof paper. Bake for 15-20 minutes, removing the paper for the last five minutes to brown the tops. Garnish with a sprig of flat leaf parsley.

LIGHT LUNCHES

Sweetcorn and Cheese Pasties

These tasty pasties are really simple to make and extremely moreish. Why not make double - they'll go like hot cakes.

Ingredients:
Makes 18-20
250 g/9 oz sweetcorn
115 g/4 oz feta cheese
1 egg, beaten

30 ml/2 tbsp whipping cream
15 g/l/2 oz freshly grated Parmesan cheese
3 spring onions, chopped
8-10 small sheets filo pastry
115 g/4 oz/8 tbsp butter, melted
Freshly ground black pepper

1-Preheat the oven to 190oC/375oF/Gas 5. Butter two bun tins.

2-If using fresh sweetcorn, strip the kernels from the cob using a large sharp knife, cutting downwards from top to bottom of the cob. Simmer in a little salted water for 3-5 minutes, until tender. For canned sweetcorn, drain and rinse well under cold running water.

3-Crumble the feta cheese into a bowl and stir in the sweetcorn. Add the egg, cream, Parmesan cheese, spring onions and ground black pepper and stir well.

4-Take one sheet of pastry and cut it in half to make a square. (Keep the remaining pastry covered with a damp cloth to prevent it from drying out.) Brush with melted butter and then fold into four to make a smaller square (about 7.5 cm/3 in).

5-Place a heaped teaspoon of mixture in the centre of each pastry square and then squeeze the pastry around the filling to make a 'money bag' casing.

6-Continue making pasties until 6all the filling is used up. Brush the outside of each 'bag' with any remaining butter and then bake for about 15 minutes, until golden brown. Serve hot.

LIGHT LUNCHES

Cheese and Spinach Flan

This flan freezes well and can be reheated. It makes an excellent addition to a festive buffet party.

Ingredients:

Serves 8
115 g/4 oz/8 tbsp butter
225 g/8 oz/2 cups plain flour
2.5 ml/1/2 tsp English mustard powder
2.5 ml/1/2 tsp paprika large pinch of salt
115 g/4 oz Cheddar cheese, finely grated
1 egg, beaten, to glaze

For the filling
450 g/1 lb frozen spinach
1 onion, chopped pinch of grated nutmeg
225 g/8 oz/1 cup cottage cheese
2 large eggs, beaten

50 g/2 oz freshly grated Parmesan cheese
150 ml/1/4 pint/l/3 cup single cream
Salt and freshly ground black pepper

1-Rub the butter into the flour until it resembles fine bread- crumbs. Stir in the mustard powder, paprika, salt and cheese. Bind to a dough with 45-60 ml/ 3-4 tbsp cold water. Knead until smooth, wrap and chill in the fridge for 30 minutes.

2-Put the spinach and onion in a pan, cover and cook slowly. Season with salt, pepper and nutmeg. Turn the spinach into a bowl and cool slightly. Add the remaining filling ingredients.

3-Roll out two-thirds of the pastry on a lightly floured surface and use it to line a 23 cm/ 9 in loose-based flan tin. Press it well into the edges, removing excess pastry with a rolling pin. Spoon the filling into the flan case.

4-Preheat the oven to 200oC/ 440oF/Gas 6. Put a baking tray in the oven to preheat.

5-Roll out the remaining pastry and cut it with a lattice pastry cutter. With the help of a rolling pin, lay it over the flan. Brush the joins with egg glaze. Press the edges together and trim off the excess pastry. Brush the pastry lattice with egg glaze and bake on the hot baking tray for 35-40 minutes, or until golden brown. Serve hot or cold.

LIGHT LUNCHES

Gado Gado

The peanut sauce on this traditonal Indonesian vegetable dish owes flavour to galangal, an aromatic rhizome that resembles ginger.

Ingredients:
Serves 4
250 g/9 oz white cabbage, shredded
4 carrots, cut into matchsticks
4 celery sticks, cut into matchsticks
250 g/9 oz/4 cups beansprouts
1/2 cucumber, cut into matchsticks
fried onion, salted peanuts and sliced fresh chilli, to garnish

For the peanut sauce
15 ml/ 1 tbsp oil
1 small onion, finely chopped
1 garlic clove, crushed
1 small piece galangal, peeled and grated
5 ml/ 1 tsp ground cumin
1.5 ml/1/4tsp ground chilli powder
5 ml/1 tsp tamarind paste or lime juice
60 ml/4 tbsp crunchy peanut butter

5 ml/ 1 tsp soft light brown sugar

1-Steam the cabbage, carrots and celery for about 3-4 minutes, until just tender. Leave to cool. Spread out the beansprouts on a large serving dish. Arrange the cabbage, carrots, celery and cucumber on top.

2-To make the sauce, heat the oil in a saucepan, add the onion and garlic and cook gently for 5 minutes, until soft.

3-Stir in the spices and cook for 1 minute more. Add the tamarind paste or lime juice, peanut butter and sugar. Mix well.

4-Heat the sauce gently, stirring occasionally and adding a little hot water if necessary, to make the sauce runny enough to coat the vegetables when poured.

5-Spoon a little of the sauce over the vegetables and toss lightly together. Garnish with fried onions, peanuts and sliced chilli. Serve the rest of the sauce in a bowl separately.

COOK'S TIP
As long as the sauce remains the same, the vegetables can be altered at the whim of the cook and to reflect the contents of the vegetable rack or chiller.

LIGHT LUNCHES

Sliced Frittata with Tomato Sauce

This dish – cold frittata with a tomato sauce - is ideal for a light summer lunch.

Ingredients:
Serves 3-4
6 eggs 30 ml/2 tbsp finely chopped fresh mixed herbs, such as basil, parsley, thyme and tarragon
40 g/ 1 ½ oz/ 1/4 cup freshly grated Parmesan cheese
45 ml/3 tbsp olive oil
Salt and freshly ground black pepper

For the tomato sauce
30 ml/2 tbsp olive oil
1 small onion, finely chopped
350 g/ 12 oz fresh tomatoes, chopped, or 400 g/14 oz can chopped tomatoes
1 garlic clove, chopped
Salt and freshly ground black pepper

1-To make the frittata, break the eggs into a bowl and beat them lightly with a fork. Beat in the herbs and Parmesan. Season with salt and pepper. Heat the oil in a large non-stick or heavy frying pan until hot but not smoking.

2-Pour in the seasoned egg mixture. Cook, without stirring, until the frittata is puffed and golden brown underneath.

3-Take a large plate, place it upside down over the pan and, holding it firmly with oven gloves, turn the pan and the frittata over on to it. Slide the frittata back into the pan and continue cooking for about 3-4 minutes more until it is golden brown on the second side. Remove from the heat and allow to cool completely.

4-To make the tomato sauce, heat the oil in a medium-heavy saucepan. Add the onion and cook slowly until it is soft. Add the tomatoes, garlic and 60 ml/4 tbsp water and season with salt and pepper. Cover the pan and cook over moderate heat for about 15 minutes.

5-Remove from the heat and cool slightly before pressing the sauce through a food mill or sieve. Leave to cool completely.

6-To assemble the salad, cut the frittata into thin slices. Place them in a serving bowl and toss lightly with the sauce. Serve at room temperature or chilled.

LIGHT LUNCHES

Ratatouille

A classic vegetable stew, packed full of fresh vegetables and herbs and absolutely bursting with wonderful flavour.

Ingredients:
Serves 4
2 large aubergines, roughly chopped
4 courgettes, roughly chopped
150 ml/ l/4 pint/l/3 cup olive oil
2 onions, sliced
2 garlic cloves, chopped
1 large red pepper, seeded and roughly chopped
2 large yellow peppers, seeded and roughly chopped
Sprig of fresh rosemary sprig of fresh thyme
5 ml/ 1 tsp coriander seeds, crushed
3 plum tomatoes, skinned, seeded and chopped
8 basil leaves, torn
Salt and freshly ground black pepper
Sprigs of fresh parsley or basil, to garnish

1-Sprinkle the aubergines and courgettes with salt, then put them in a colander with a plate and a weight on top to extract the bitter juices. Leave for about 30 minutes.

2-Heat the olive oil in a large saucepan. Add the onions and fry gently for 6-7 minutes, until just softened. Add the garlic and cook for another 2 minutes.

3-Rinse the aubergines and courgettes and pat dry with a clean dish towel. Add to the pan with the peppers, increase the heat and saut@ until the peppers are just turning brown.

4-Add the herbs and coriander seeds, then cover the pan and cook gently for about 40 minutes.

5-Add the tomatoes and season with salt and pepper. Cook gently for a further 10 minutes, until the vegetables are soft but not too mushy. Remove the sprigs of herbs. Stir in the torn basil leaves and check the seasoning. Leave to cool slightly and serve warm or cold, garnished with sprigs of parsley or basil.

LIGHT LUNCHES

Sweetcorn Cakes with Grilled Tomatoes

Crisp sweetcorn fritters are simple to make and guaranteed to become a mid-day favourite.

Ingredients:
Serves 4
1 large cob sweetcorn
75 g/3 oz/1/4 cup plain flour
1 egg
a little milk
2 large firm tomatoes
1 garlic clove, crushed
5 ml/ 1 tsp dried oregano
30-45 ml/2-3 tbsp olive oil, plus extra for shallow-frying
Salt and freshly ground black pepper
8 cupped leaves iceberg lettuce, to serve shredded fresh basil leaves, to garnish

1-Pull the husks and silk away from the corn, then hold the cob upright on a board and cut downwards with a heavy knife to strip off the kernels. Put the kernels in a pan of boiling water and cook for 3 minutes after the water has returned to the boil, then drain and rinse under the cold tap to cool quickly.

2-Put the flour into a bowl and break the egg into a well in the middle. Start stirring with a fork, adding a little milk to make a soft dropping consistency. Stir in the drained corn and season with salt and pepper.

3-Preheat the grill. Halve the tomatoes horizontally and make two or three crisscross slashes across the cut side of each half Rub in the crushed garlic and the oregano and season with salt and pepper. Trickle with oil and grill until lightly browned.

4-While the tomatoes grill, heat some oil in a wide frying pan and drop a tablespoon of batter into the centre. Cook, one at a time, over a low heat and turn as soon as the top is set. Drain on kitchen paper and keep warm while cooking the remaining fritters. The mixture should make at least 8 sweetcorn cakes.

5-For each serving, put 2 sweetcorn cakes on to lettuce leaves, garnish with basil and serve with a grilled tomato half.

4 I,- 1% t i@ 4 4D ~ COOK'S TIP C-*,., The dressing for this salad uses raw egg yolks. Be sure to use only the freshest eggs from a reputable supplier. Pregnant women, young children and the elderly are not advised to eat raw egg yolks. If this presents a problem, the dressing can be made without the egg yolks.

LIGHT LUNCHES

Fresh Ceps with a Parsley Dressing

To capture the just-picked flavour of mushrooms, try this delicious salad enriched with an egg yolk and walnut oil dressing. Choose small ceps or bay boletus for a firm texture and a fine flavour.

Ingredients:
Serves 4
350 g/l2 oz fresh ceps or bay boletus
175 g/6 oz mixed salad leaves such as hativia, young spinach and frisee
50 g/2 oz/ ½ cup broken walnut pieces, toasted
50 g/2 oz Parmesan cheese
Salt and freshly ground black pepper

For the dressing
2 egg yolks
2.5 ml/ 1/2 tsp French mustard
75 ml/5 tbsp groundnut oil
45 ml/3 tbsp walnut oil
30 ml/2 tbsp lemon juice
30 ml/2 tbsp chopped fresh parsley
pinch of caster sugar

1-For the dressing, place the egg yolks in a screw-top jar with the mustard, oils, lemon juice, parsley and sugar. Shake well.

2-Slice the mushrooms thinly using a sharp knife.

3-Place the mushrooms in a large salad bowl and combine with the dressing. Leave to stand for 10-15 minutes for the flavours to mingle.

4-Wash and spin the salad leaves, then toss with the mushrooms.

5-Turn out on to four large plates, season with salt and pepper then scatter with toasted walnut pieces and shavings of Parmesan cheese.

COOK'S TIP
The dressing for this salad uses raw egg yolks. Be sure to use only the freshest eggs from a reputable supplier. Pregnant women, young children and the elderly are not advised to eat raw egg yolks. If this presents a problem, the dressing can be made without the egg yolks.

LIGHT LUNCHES

Sun-dried Tomato and Parmesan Carbonara

Ingredients for this recipe can easily be doubled up to serve four. Why not try it with plenty of garlic bread and a big green salad?

Ingredients:
Serves 2
175 g/6 oz tagliatelle
50 g/2 oz sun-dried tomatoes in olive oil, drained
2 eggs, beaten
150 ml/ ¼ pint/1/3cup double cream
15 ml/1 tbsp wholegrain mustard
50 g/2 oz/2/3 cup Parmesan cheese, freshly grated
12 fresh basil leaves, shredded
Salt and pepper
fresh basil leaves, to garnish
crusty bread, to serve

1-Cook the pasta in boiling, salted water until it is just tender but still retains a little bite (*al dente*).

2-Meanwhile, cut the sun-dried tomatoes into small pieces.

3-Beat together the eggs, cream and mustard in a bowl. Add plenty of salt and pepper until they are well combined and smooth but do not allow the mixture to become frothy.

4-Drain the pasta and immediately return to the hot saucepan with the cream mixture sun-dried tomatoes, Parmesan cheese and shredded fresh basil. Return to a very low heat for I minute, stirring gently until the mixture thickens slightly. Adjust the seasoning and serve immediately, garnished with basil leaves. Serve with plenty of crusty bread.

LIGHT LUNCHES

Omelette with Beans

Every good cook should have a few omelettes in their repertoire. This version includes soft white beans and is finished with a layer of toasted sesame seeds.

Ingredients:
Serves 4
30 ml/ 2 tbsp olive oil

5 ml/ 1 tbsp sesame oil .
1 Spanish onin, chopped
1 small red pepper, seeded, chopped
1 x 400 g/14 oz can soft white beans, drained
8 eggs
43 ml/ 3 tbsp sesame seeds
Salt and freshly ground bleack pepper
Green salad, to serve

1-Heat the olive and sesame oils in a 30 cm/12 in flameproof frying pan. Add the onion, pepper and celery and cook to soften without colouring.

2-Add the beans and continue to cook for several minutes to heat through.

3-In a small bowl, beat the eggs with a fork, season with salt and pepper and pour over the ingredients in the pan.

4-Stir the egg mixture with a flat wooden spoon until it begins to stiffen, then allow to firm over a low heat for 6-8 minutes.

5-Preheat a moderate grill. Sprinkle the omelette with sesame seeds and brown evenly under the grill.

6-Cut the omelette into thick wedges and serve warm with a green salad.

VARIATION
You can also use sliced cooked potatoes, any seasonal vegetables, baby artichoke hearts and chick-peas in this omelette.

LIGHT LUNCHES

Mushroom Picker's Omelette

Perfect for Sunday brunch, this omelette is simplicity itself to make.

Ingredients:
Serves 1
25 g/1 oz/2 tbsp unsalted butter, plus extra for cooking
115 g/4 oz assorted wild and cultivated mushrooms such as young ceps, bay boletus, chanterelles, saffron milk-caps, closed field mushrooms, oyster mushrooms, hedgehog and St George's mushrooms, trimmed and sliced
3 eggs, at room temperature
Salt and freshly ground black pepper

1-Melt the butter in a small omelette pan, add the mushrooms and cook until the juices run. Season with salt and pepper, remove from pan and set aside. Wipe the pan.

2-Break the eggs into a bowl, season and beat with a fork. Heat the pan over high heat, add a knob of butter and let it begin to brown. Pour in the beaten egg and stir briskly with the back of a fork.

3-When the eggs are two-thirds set, add the mushrooms and let the omelette finish cooking for 10-15 seconds.

4-Tap the handle of the omelette pan sharply with your fist to loosen the omelette from the pan, then fold and turn on to a plate. Serve with warm crusty bread and a simple green salad.

Main Courses or Entrees

Vegetable Fritters
Ingredients:
1 cup of gram (chick pea) flour
1 cup of water
a little salt
a teaspoon of chopped coriander
sunflower oil for shallow frying
2 cups of vegetables of your choice broken or chopped into desired size - for example brocolli or cauliflour florets, celery chunks, onion rings etc.
Beat the flour and water together with the salt and coriander until a smooth batter is formed. Heat the oil in a large frying pan. Dip the vegetables in the batter and then fry for about 5 minutes turning once. Nice served with oven chips or rice and a big green salad and vegan mayo.

Balmoral Pie
Ingredients (entirely versatile in quantity!):
tins of baked beans
vegan sausages
mashed potatoes (mashed with soya milk and soya marg)
Cheezly or other vegan cheese (optional)
Heat beans. Grill or fry sausages and chop into large chunks. Mix with heated beans. Put in casserole dish and top with mashed potatoes and then cheezly (or mix cheezly in with potatoes when mashing). Place under grill until all hot and bubbly and going brown.

Potato Layer Thing

Ingredients:
6 or 7 medium sized potatoes
1 large can of baked beans in tomato sauce (approx 800g)
1 large onion, thinly sliced
2 or 3 sliced tomatoes
1 tablespoon of margarine for dotting over the top
1 tablespoon of sesame seeds for sprinkling on the top
other optional layers:
1 or 2 cups of left-over rice mixed with some soya milk and herbs
sliced mushrooms mixed with a little veg. oil and 2 cloves of crushed garlic
1 can of sweetcorn
1 can of spinach
Part-boil the potatoes for 5 or 6 minutes until starting to soften. Thinly slice them. In a large casserole or lasagne dish place a layer of potatoes then a layer of beans, then onion and repeat until all used up. That is the basic dish but you can add any other layers you like, such as the garlic mushrooms, sweetcorn, spinach or rice ones above, making the last layer potatoes. Spread the sliced tomatoes over the top, dot with the marg. and sprinkle on the sesame seeds. Bake for about an hour or until the potatoes are soft at 190C/380F.

Bradies
A traditional pastry from the North East of Scotland - they're a bit like flat meat and potato pies - we have replaced the original beef mince with frozen vege-mince! Nice with chips (french fries) and beans. This recipe makes 4 large bradies.
Ingredients:
Approx 400g/15oz of frozen vegan puff pastry, defrosted
a little sunflower oil
1 large onion, chopped
1 large potato, cut into small cubes
about 1 and a half cups of frozen vege-mince (dried soya mince would do fine if re-hydrated first in water or stock)
1 tablespoon of soy sauce
Prepare the pastry by rolling out (to about 5mm thick) and cutting into 4 rectangles. In a pan fry the onion, potato and mince together for a few minutes and then add the soy sauce and mix well. Place the filling on one half of the pastry rectangles and then fold over and seal the edges by folding them over all the way round with a little water. Place on a baking tray and bake at 200C/400F for 20-30 minutes or until pastry is cooked.

Mince and dumplings
A traditional Scottish meal - often served with skirlie, greens and mashed potatoes.
Ingredients for mince:
a little sunflower oil
1 onion, chopped
2 or 3 carrots, diced
Approx 2 cups of frozen vegemince or re-hydrated dried soya mince
About 1 cup of water or stock

Dash of soy sauce
1 fresh bayleaf or half a teaspoon of dried bayleaf
salt and pepper to taste
For the dumplings:
100g/4oz self raising flour
50g./2oz hard vegan margarine or vegetable suet, broken into small pieces
1 teaspoon of dried herbs (optional)
a little salt
water to mix to a dough (about a quarter cup)
Fry the onion and carrot in the oil for a few minutes. Add the mince, water, seasoning and soy sauce. Make small tears in the bay leaf and place in the pan with the other ingredients (alternatively add dried bay). Bring to the boil and turn down to simmer. For the dumplings: rub the fat into the flour, add herbs if using and salt. Gradually add water and mix until you have a workable dough. Form into about 10 small balls and place in the simmering pan of mince for about 20 minutes until cooked. If the pan of mince is quite shallow you may need to turn the dumplings halfway through cooking. If you used a fresh bayleaf you should remove it before serving (though I have sometimes forgotten and had no complaints!!).

Spicy, Fruity Pasty
These quantities make 4 large or 8 mini pasties - lovely as a simple hot meal with oven chips and salad or cold with Plamil mayo later!
Ingredients:
Approx 400g/15oz of frozen vegan puff pastry, defrosted (ready rolled is extra easy!!)
Soya milk for glazing and sealing (a few tablespoons)
a little sunflower oil
2 garlic cloves, crushed
1 onion, finely chopped
1 teaspoon of curry powder
2 medium sized potatoes, cubed quite small
3 medium carrots, cubed the same
about 10 dried apricots, chopped
1 apple, peeled then finely chopped (this is a good recipe for using up slightly old apples)
1/4 cup of white wine or stock
seasalt to taste

Prepare the pastry by rolling out (to about 5mm thick) if needed and cutting into 4 or 8 just off square rectangles. In a frying pan fry the onion and garlic in the oil then add the curry powder. Add the fruit and vegetables and pour over the wine or stock. Cook for a few minutes until everything is well combined and starting to soften, then divide between the pastry squares, placing the filling in the middle. Seal up the edges using some soy milk for stickiness (like making a little parcel and pinching the edges together). Glaze with a little soya milk and bake at 200C/400F for 20-30 minutes or until pastry is cooked.

Stuffed Acorn Squash
This would work equally well with other squashes such as butternut or pumpkins.

Ingredients:
2 medium acorn squashes
2 tablespoons of olive oil
a little sunflower oil
2 garlic cloves, crushed
1 leek, finely chopped
a thumb sized piece of ginger, finely chopped or grated
a handful of flaked almonds
1 glass of white wine (optional)
(roughly) a cup of rice
seasalt to taste
2 or 3 cups of water for cooking as needed

Cut the squashes in half, remove the seeds and rub them with the olive oil. Place on a baking tray and bake in the oven at 180C/360F for about half an hour. Meanwhile lightly fry the garlic, leek and ginger in the sunflower oil for a few minutes and then add the wine, almonds and salt. Add the rice with enough water to cover well and bring to the boil. Turn down and simmer until the rice is cooked, stirring occasionally and adding more water if needed. Once cooked pile the rice mixture onto the squash halves and bake for a further 20-30 minutes or until the squashes are tender. Nice with gravy and roast potatoes.

Sweet Potatoes in a Coconut and Peanut Sauce
Ingredients:
1 onion, finely chopped
2 cloves of garlic, crushed
a little sunflower oil
1 teaspoon of curry powder
2 tablespoons of peanut butter
1 tin of coconut milk
5 or 6 medium sized sweet potatoes, cut into bite size chunks
seasalt to taste

Fry the onion and garlic in the oil for a few minutes. Add the curry spices and stir well. Add the peanut butter, stirring over a medium heat until in begins to melt and then pour in your coconut milk and stir until well blended. Put the sweet potatoes and salt in the pan and bring to the boil and then turn down to simmer until they are softened (10 minutes +). Nice with rice and salad.

Stuffed Marrow Rings
Ingredients:
1 large or 2 medium marrows
a couple of tablespoons of olive oil for coating
1 large onion
100g/4 oz/1 cup almonds
3 slices of bread
a good handful of fresh basil (or two teaspoons of dried herbs of your choice)

Preheat oven to 190C/380F. Cut the marrow into approx. inch/2cm rings. Cut out the seedy middles (off to the compost!) and peel if necessary (fresh from the garden ones don't need but older ones may be tougher) and rub with the olive oil. Lay on a baking tray. Combine the onion, nuts, herbs and bread in a food processor until it reaches a nice pate like consistency. Spoon this mixture into the rings and bake for about half an hour or until the marrow is beginning to go golden and soft.

Quiche (or tart)
Ingredients:
pastry:
200g/7 oz/1 and a half cups plain flour (either white or wholemeal)
100g/3 and a half oz/ half a cup vegan margarine
5 or 6 tablespoons of cold water
filling:
1 block of tofu (silken or firm) - roughly about 200g/7oz
half a teaspoon of turmeric
1 onion, roughly chopped
2 cloves of garlic
3 tablespoons of soya milk
a little seasalt
extra ingredients of your choice:
chopped tomatoes
sliced mushrooms
sliced onions
cheatin' ham (soy based meat analogue)
tinned sweetcorn
diced peppers

Preheat oven to 190C/380F. In a large mixing bowl rub the margarine into the flour to a breadcrumb texture. Gradually add the water and mix to a dough. On a floured board roll this out to fit your flat pie or quiche dish. Grease dish and line with the pastry.
In a food processor combine the tofu, turmeric, soya milk, onion, garlic and salt until fairly smooth. Into this you stir your chosen ingredients - mushroom and tomato is lovely - so is plain sweetcorn. Even just a plain quiche topped with sliced tomatoes is a very nice meal when accompanied with new potatoes and salad. For a sage and onion tart add a handful of fresh sage to the tofu mixture before processing.
Pour the filling mixture into the pastry case and bake in the oven for about 45 minutes or until firm in the middle (this will vary from oven to oven so check from about half an hour).

Singapore Vegan Noodles
Ingredients:
Dried rice noodles (200g pack for a family of 4)
2 tablespoons of sunflower oil
3 cloves of garlic, crushed
1 onion cut into inch/2cm long thin strips

1 teaspoon of chilli powder
1 red pepper cut into same strips
1 yellow pepper cut in the same way
1 courgette/zucchini cut into strips
smoked tofu, cut into similar sized pieces
2 tablespoons of soy sauce
2 tablespoons of sesame oil
Cook the rice noodles according to the instructions on the packet - often this is just pouring boiling water over them and leaving them for a while. Cook the onions and garlic in the sunflower oil for a few minutes and then add the chilli and stir in well. Add your vegetables and soy sauce and cook for a few moments until slightly softened and then add the tofu and stir fry for another 10 minutes or so before adding the rice noodles and combining well (you may want to cut them up if they are very long). At the last minute sprinkle the sesame oil over the dish and serve at once. This goes very well with a fresh salad of Chinese cabbage and herbs.

Sweet Butternut Casserole
A warming, autumnal dish, nice served with garlic bread and a baked potato and perhaps some vegan sausages.

Ingredients:
2 leeks, sliced into thin round slices
A little olive oil
Half a butternut squash (about 3 cups) cut into chunks
2 sweet potatoes cut into chunks
2 tins chopped tomatoes (about 3 cups/800g in all)
half a cup of water or vegetable stock
a handful of fresh mint roughly chopped or 3 teaspoons of dried mint
seasalt to taste

Fry the leeks in the oil for a few moments then add the squash and potato and stir until coated with the oil. Add the tomatoes, water/stock, salt and mint and bring to the boil. Simmer gently for about 20 minutes until cooked.

Catriona's Vegan Burger
Ingredients:
600g/21 oz. firm tofu
1 clove of garlic, crushed
quarter cup of barbeque sauce (or favourite marinade)
2 tablespoons of Indonesian sweet soy sauce

Cut the tofu into twelve pieces about the thickness and size of a burger. Place the tofu, garlic and sauces in a dish and marinate over night or for two days. Either fry, barbecue or bake (at 200C/400F) until browned. Serve in a bun with fried onions, egg-free mayonnaise, salad and sauces or mustard.

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Lynn's Cornish Pasty
I should point out that if it was a vegan version of a 'traditional' Cornish pasty it would not have carrot in it - but I think it's tastier with it in there.

Ingredients:
To make 4 medium to large pasties:
for the pastry:
10 oz/275g/2 cups plain flour (I use a mixture of 3 oz white & 7 oz wholewheat/wholemeal)
5 oz/130g/ 3/4 cup hard margarine (I grate it - it's easier to rub in!)
pinch salt
water to mix
for the filling:
1 tablespoon oil or margarine
1 onion, roughly chopped
1 small Swede chopped (about 1/2inch dice)
4 medium/large carrots chopped as above
1 medium/large potato chopped as above
1 tsp yeast extract
black pepper to taste

Pastry: Mix flours and salt together. Rub in grated marg until the mixture looks like fine breadcrumbs. Add cold water a tablespoon at a time until the mixture holds together and a firm dough is formed. Knead lightly. Put in fridge
Filling: Melt the margarine or heat the oil in a large saucepan. Add the vegetables and stir well. Put lid on saucepan and cook, on a low heat for about 20 minutes, stirring occasionally until vegetables are nearly cooked. Stir in yeast extract and add black pepper, and allow the mixture to cool. Remove pastry from fridge and cut into four equal pieces. Roll out each piece roughly into a circle of about 7 inch (this is very roughly - I never actually measure it!). Place 1/4 of the veg mix along the centre of each circle and wet edges, bring them together above the veg mix and seal and 'crimp'. Brush with soya milk and cook (in a preheated oven!) at 180C/375F on the middle shelf for about 40-45 minutes.
These are good hot or cold, and I sometimes add herbs to the mixture (fresh or dried whatever I have to hand) just for a change! Hope you enjoy them as much as my children have over the years.

Pizza
This pizza is so tasty that you will not miss the cheese!

Ingredients:
for the base:
500g./1 lb./3 cups plain flour, white or wholemeal
1 packet of easy blend dried yeast
200 ml./1 cup of warm water but keep adding until you get a good dough
topping:

1 tin chopped tomatoes (approx. 400g/14oz.)
2 tablespoons dried mixed herbs
2 tablespoons olive or sunflower oil
salt and pepper to taste
1 small tin of mushrooms or/and sweetcorn (optional)
sesame seeds for sprinkling on top

Mix the flour with the yeast and add the water gradually. Mix well (with your hands is best) and then knead for a couple of minutes until the dough is fairly smooth. Place on a large greased baking tray and flatten into desired shape (ie. - circle). Leave in a warm place while you prepare the topping: Mix together the tomatoes, herbs, oil and seasoning in a bowl and then spread over the pizza base. If using the mushrooms/sweetcorn - coat them in a little olive oil and arrange on the top of the pizza. Sprinkle with sesame seeds and bake at 200 C/400 F for 15 to 20 minutes until ready.

Variations - obviously you can add whatever toppings you like to the basic tomato mixture - olives, vegan 'cheeses', pineapple chunks, vegan meat substitutes etc. You can also vary the herbs used, add garlic and onion or add herbs or seeds to the base. If you want a softer base you can leave the dough to rise for half an hour before adding the toppings but we find it great without doing that.

Chick Pea Curry
Ingredients:
1 - 2 Tablespoons of olive oil
1 onion, chopped
3 cloves of garlic, finely chopped or crushed
1 apple, peeled and finely chopped
1 green pepper, finely chopped
2 - 3 teaspoons of curry powder
1-2 tins of cooked chick peas (or soak dried ones overnight and cook)
1 can of tomatoes
handful of raisins (optional)
2 tablespoons of desiccated coconut (optional)
some frozen peas
salt

Fry the onion, garlic and apple in the olive oil for a few minutes. Add the curry powder and stir for a minute or two. Add the tomatoes (chop them if needed) and green pepper. If you like really sweet tasting curry, then add the raisins and coconut. Cook for about 15 minutes at simmering level and then add your chick peas and cook for a further 10 minutes. Shortly before the end of cooking time put some frozen peas in, as these will go mushy if overcooked. Add salt to taste. We like this best with white basmati rice, and lots of little toppings.
Ideas for toppings are chopped fresh tomato, cucumber, sliced banana (yes this does work!), sunflower seeds, avocado, in fact anything you fancy! My kids love these all put in small separate bowls so they can help themselves.

Smokey Seafood Risotto
Don't worry the seafood here is Arame, a sea vegetable!

Ingredients:
A little sunflower oil
1 onion
2 or 3 cloves of garlic
1 block of smoked tofu
a good handful of dried arame
500g/18 oz/2 cups basmati rice (this makes a large potful to feed a family - reduce the amount of rice and water accordingly if you want)
a cupful of frozen peas
Seasalt to taste
Water to cover

Fry the onion and garlic in the oil for a few minutes. Chop the tofu into small cuboids and add to the onion and garlic. Add the rice and mix well then add enough water to well cover the rice. Add the arame (you may need to add more water as seaweeds vary in how absorbent they are) and the seasalt. Bring to the boil then turn down to simmer. A few minutes before the end of cooking time add the peas. Nice served with a green salad.

Mediterranean Roast Vegetables
Ingredients:
2 yellow peppers
2 red peppers
3 or 4 parsnips
3 or 4 carrots
half a cup of sunflower oil
3 cloves of garlic
a good handful of basil
Seasalt

Cut the peppers into chunks and scrape and do the same with the carrots and parsnips. Crush the garlic and tear the basil. Mix into the oil. Thoroughly coat the vegetables in the oil mixture and place on a roasting tray. Sprinkle with seasalt and roast for about half to three quarters of an hour at 190C/380F. Lovely as an accompaniment to main dishes such as nut roast, baked potatoes and casseroles.

Basic Baked Potatoes

Ingredients:
Large baking potatoes
Olive oil
Seasalt

Wash the potatoes well and then prick all over with a fork. Coat them with the oil and salt - messy but fun! Bake in the oven for about 1 hour and 15 minutes at 180C/360F. Alternatively you can cook these in a microwave in minutes (follow manufacturers guidelines for timing). Nice served with a green salad and your choice of topping or filling.
Suggested toppings:
Baked beans, hummus, casserole, vegan cheese mixed with soy mayo and chopped spring onions, curry, sweetcorn, stir fried veg - let your imagination run wild!! Don't miss the salads section for ideas too.

Garlic bread
A good accompaniment for many of the above meals - shop bought ones are almost always made with butter so we make our own vegan version.

Ingredients:
2 or 3 half baked baguettes
1 cup of vegan margarine
3 or 4 cloves of garlic, crushed
2 tablespoons of chopped parsley

Slice the baguettes widthwise (about 3cm. thick works well) carefully leaving the bottom intact (so they are still in their loaf shape). Mash the margarine with the garlic and parsley. Spread both sides of each slice with the margarine mixture then wrap the baguettes in tin foil and bake in the oven at 180c/360F for about 15 minutes.
A garlic free alternative would be to use different fresh, chopped herbs in the margarine instead of garlic for a herby bread.

Suppers

Vegetable Pilau

A popular vegetable rice dish that makes a tasty light supper.

Ingredients:
Serves 4-6
225 g/8 oz/1 cup basmati rice
30 ml/2 tbsp oil
2.5 ml/1/2 tsp cumin seeds
2 bay leaves
4 green cardamom pods
4 cloves

1 onion, finely chopped
1 carrot, finely diced
50 g/2 oz//3 cup frozen peas, thawed
50 g/2 oz/ 1/3 cup frozen sweetcorn, thawed
25 g/l oz//4 cup cashew nuts, lightly fried
1.5 ml/1/4 tsp ground cumin
Salt

1-Wash the basmati rice in several changes of cold water. Put into a bowl and cover with water. Leave to soak for about 30 minutes.

2-Heat the oil in a large frying pan and fry the cumin seeds for 2 minutes. Add the bay leaves, cardamoms and cloves and fry for a further 2 minutes.

3-Add the onion and fry for 3minutes, until softened and lightly browned.

4-Stir in the carrot and cook for 3-4 minutes.

5-Drain the rice and add to the pan together with the peas, sweetcorn and cashew nuts. Fry for 4-5 minutes.

6-Add 475 ml/16 fl oz/2 cups 6water, ground cumin and salt. Bring to the boil, cover and simmer for 15 minutes over a low heat until all the water is absorbed. Leave to stand, covered, for 10 minutes, before serving.

SUPPERS

Red Pepper Risotto

The character of this delicious risotto depends on the type of rice you use. With arborio rice, the risotto should be moist and creamy. If you use brown rice, reduce the amount of liquid for a drier dish with a nutty flavour.

Ingredients:
Serves 6
3 large red peppers
30 ml/2 tbsp olive oil
3 large garlic cloves, thinly sliced
11/2 x 400 g/14 oz cans chopped tomatoes
2 bay leaves
1.2-1.5 litres/2-2 1/2 pints/5-6 1/4 cups vegetable stock
450 g/1 lb/2 1/2 cups arborio rice or brown rice
6 fresh basil leaves, snipped
Salt and freshly ground black pepper

1-Preheat the grill. Put the peppers in a grill pan and grill until the skins are blackened and blistered all over. Put the peppers in a bowl, cover with several layers of damp kitchen paper and leave for 10 minutes. Peel off the skins, then slice the peppers, discarding the cores and seeds.

2-Heat the oil in a wide, shallow pan. Add the garlic and tomatoes and cook over a gentle heat for 5 minutes, then add the pepper slices and bay leaves. Stir well and cook for 15 minutes more, still over a gentle heat.

3-Pour the stock into a large, heavy-based saucepan and heat it to simmering point. Stir the rice into the vegetable mixture and cook for about 2 minutes, then add two or three ladlefuls of the hot stock. Cook, stirring occasionally, until all the stock has been absorbed into the rice.

4-Continue to add stock in this 4way, making sure each addition has been absorbed before pouring in the next. When the rice is tender, season with salt and pepper. Remove the pan from the heat, cover and leave to stand for 10 minutes before stirring in the basil and serving.

SUPPERS

Risotto alla Milanese

This traditional Italian risotto is rich and creamy, and deliciously flavoured with garlic, shavings of Parmesan and fresh parsley.

Ingredients:
Serves 4
2 garlic cloves, crushed
60 ml/4 tbsp chopped fresh parsley
finely grated rind of 1 lemon

For the risotto
5 ml/1 tsp (or 1 sachet) saffron strands
25 g/ 1 oz/2 tbsp butter
1 large onion, finely chopped
275 g/10 oz/1 1/2 cups arborio rice
150 ml/ 1/4 pint/2/3 cup dry white wine
1 litre/1 ¾ pints/4cups vegetable stock
Parmesan cheese shavings, to serve
Salt and freshly ground black pepper

1-Mix together the garlic, parsley and lemon rind in a bowl. Reserve and set aside.

2-To make the risotto, put the saffron in a small bowl with 15 ml/1 tbsp boiling water and leave to stand while the saffron is infused. Melt the butter in a heavy- based frying saucepan and gently fry the onion for 5 minutes, until softened and golden.

3-Stir in the rice and cook for about 2 minutes until it becomes translucent. Add the wine and saffron mixture and cook for several minutes until all the wine is absorbed.

4-Add 600 ml/ 1 pint/2 1/2 cups of the stock to the pan and simmer gently until the stock is absorbed, stirring frequently.

5-Gradually add more stock, a ladleful at a time, until the rice is tender. (The rice might be tender and creamy before you've added all the stock, so add it slowly towards the end of the cooking time.)

6-Season the risotto with salt and pepper and transfer to a serving dish. Scatter lavishly with shavings of Parmesan cheese and the garlic and parsley mixture.

SUPPERS

Vegetable Chilli

This alternative to traditional chilli con carne is delicious served with brown rice.

Ingredients:
Serves 4
2 onions, chopped
1 garlic clove, crushed
3 sticks celery, chopped
1 green pepper, seeded and diced
225 g/8 oz mushrooms, sliced
2 courgettes, sliced
400 g/14 oz can red kidney beans, rinsed and drained
400 g/14 oz can chopped tomatoes
150 ml/1/4 pint//3 cup passata
30 ml/2 tbsp tomato puree
15 ml/1 tbsp tomato ketchup
1 tsp each hot chilli powder, ground cumin and ground coriander
Salt and freshly ground black pepper
natural yogurt and cayenne pepper, to serve
Sprigs of fresh coriander, to garnish

1-Put the onions, garlic, celery, green pepper, mushrooms and courgettes in a large saucepan and mix together.

2-Add the kidney beans, tomatoes, passata, tomato puree and tomato ketchup.

3-Add the spices, season with salt and pepper and mix well.

4-Cover, bring to the boil and simmer for 20-30 minutes, stirring occasionally, until the vegetables are tender. Serve with natural yogurt, sprinkled with cayenne pepper. Garnish with fresh coriander sprigs.

SUPPERS

Spiced Tofu Stir-fry

The colours in this aromatic stir-fry are as pleasing to the eye as the flavours are to the palate. Serve with noodles or egg-fried rice.

Ingredients:
Serves 4
10 ml/2 tsp ground cumin
15 ml/ 1 tbsp paprika
5 ml/1 tsp ground ginger
good pinch of cayenne pepper
15 ml/ 1 tbsp caster sugar
275 g/ 10 oz tofu (beancurd)
60 ml/4 tbsp oil
2 garlic cloves, crushed
1 bunch spring onions, sliced
1 red pepper, seeded and sliced
1 yellow pepper, seeded and sliced
225g/8 oz/generous 3 cups brown-cap mushrooms, halved or quartered if necessary
1 large courgette, sliced
115 g/4 oz fine green beans, halved
50 g/2 oz/scant
1/2cup pine nuts
15 ml/ 1 tbsp lime juice
15ml/1 tbsp clear honey
Salt and pepper

1-Mix together the cumin, paprika, ginger, cayenne and sugar with plenty of seasoning. Cut the tofu into cubes and coat them in the spice mixture.

2-Heat some of the oil in a wok or large frying pan. Cook the tofu over a high heat for 3-4 minutes, turning occasionally (take care not to break up the tofu too much). Remove with a slotted spoon. Wipe out the pan with kitchen paper.

3-Add the remaining oil to the pan and cook the garlic and spring onions for 3 minutes. Add the remaining vegetables and cook over a medium heat for 6 minutes, or until beginning to soften and turn golden. Season well.

4-Return the tofu to the pan with the pine nuts, lime juice and honey. Heat through and serve immediately.

SUPPERS

Butternut Squash and Sage Pizza

The combination ofsweet butternut squash, sage and sharp goat's cheese works wonderfully on this pizza.

Ingredients:
Serves 4
2.5 ml/1/2 tsp active dried yeast
pinch of granulated sugar
450 g/ 1 lb/4 cups strong white flour
5 ml/ 1 tsp salt
30 ml/2 tbsp olive oil
15 g//2 oz/1 tbsp butter
30 ml/2 tbsp olive oil
2 shallots, finely chopped
1 butternut squash, peeled, seeded and cubed, about 450 g/1 lb prepared weight
16 sage leaves
2 x 400 g/14 oz cans fresh tomato sauce
115 g/4 oz/1 cup mozzarella cheese, sliced
115 g/4 ozil/2 cup firm goat's cheese
Salt and freshly ground black pepper

1-Put 300 ml/l/2 pint/ 1 1/4 cups warm water in a measuring jug. Add the yeast and sugar and leave for 5-10 minutes, until it is frothy.

2-Sift the flour and salt into a large bowl and make a well in the centre. Gradually pour in the yeast mixture and the olive oil. Mix to make a smooth dough. Knead on a lightly floured surface for about 10 minutes until smooth, springy and elastic. Place the dough in a floured bowl, cover and leave to rise in a warm place for 1 1/2 hours.

3-Preheat the oven to 200oC/ 400oF/Gas 6. Oil four baking sheets. Put the butter and oil in a roasting tin and heat in the oven for a few minutes. Add the shallots, squash and half the sage leaves. Toss to coat. Roast for 15-20 minutes, until tender.

4-Raise the oven temperature to 220oC/425oF/Gas 7. Divide the dough into four equal pieces and roll out each piece on a floured surface to a 25 cm/ 10 in round.

5-Transfer each round to a baking sheet and spread with tomato sauce, leaving a 1 cm/ l/2 in border all around. Spoon the squash and shallot mixture over the top. Arrange the mozzarella over 6the squash mixture and crumble the goat's cheese over. Scatter the remaining sage leaves over and season with plenty of salt and pepper. Bake for 15-20 minutes, until the cheese has melted and the crusts are golden.

SUPPERS

Puree of Lentils with Baked Eggs

This unusual dish makes an excellent supper. For a nutty flavour you could add a 400 g/ 14 oz can of unsweetened chestnut puree to the lentil mixture.

Ingredients:
Serves 4
450 g/ 1 lb/2 cups washed brown lentils
3 leeks, thinly sliced
10 ml/2 tsp coriander seeds, crushed
15 ml/ 1 tbsp chopped fresh coriander
30 ml/2 tbsp chopped fresh mint
15 ml/ 1 tbsp red wine vinegar
1 litre/1 1/4 pints/4 cups vegetable stock
4 eggs
Salt and freshly ground black pepper
generous handful of fresh parsley, chopped, to garnish

1-Put the lentils in a deep saucepan. Add the leeks, coriander seeds, fresh coriander, mint, vinegar and stock. Bring to the boil, then lower the heat and simmer for 30-40 minutes, until the lentils are cooked and have absorbed all the liquid.

2-Preheat the oven to 180oC/350oF/Gas 4.

3-Season the lentils with salt 3and pepper and mix well. Spread out in four lightly greased baking dishes.

4-Using the back of a spoon, 4make a hollow in the lentil mixture in each dish. Break an egg into each hollow. Cover the dishes with foil and bake for 15-20 minutes, or until the egg whites are set and the yolks are still soft. Sprinkle with plenty of parsley and serve at once.

SUPPERS

Harvest Vegetable and Lentil Casserole

Take advantage of root vegetables in season to produce a hearty dish that's not only full of natural goodness but delicious too.

Ingredients:
Serves 6
15 ml/ 1 tbsp sunflower oil
2 leeks, sliced
1 garlic clove, crushed
4 celery sticks, chopped
2 carrots, sliced
2 parsnips, diced
1 sweet potato, diced

225 g/ 8 oz swede, diced
175 g/6 oz whole brown or green lentils
450 g/ 1 lb tomatoes, skinned, seeded and chopped
15 ml/ 1 tbsp chopped fresh thyme
15 ml/ 1 tbsp chopped fresh marjoram
900 ml/1 l/2 pints/3 3/4 cups vegetable stock
15 ml/1 tbsp cornflour
Salt and freshly ground black pepper
Sprigs of fresh thyme, to garnish

1-Preheat the oven to 180oC/350oF/Gas 4. Heat the oil in a flameproof casserole over moderate heat. Add the leeks, garlic an celery and cook gently for 3 minutes.

2-Add the carrots, parsnips, sweet potato, swede, lentils, tomatoes, herbs, stock and seasoning. Stir well. Bring to the boil, stirring occasionally.

3-Cover and bake in the oven for about 50 minutes, until the vegetables and the lentils are cooked and tender. While it is cooking, remove the casserole from the oven and stir the vegetable mixture once or twice so that it is evenly cooked.

4-Remove the casserole from the oven. Blend the cornflour with 45 ml/3 tbsp water in a bowl. Stir into the casserole and heat, stirring continuously, until the mixture comes to the boil and thickens. Simmer gently for 2 minutes.

5-Spoon the vegetable mixture 5 into bowls and serve garnished with thyme sprigs.

SUPPERS

Tagliatelle with Spinach Gnocchi

Gnocchi are extremely smooth and light and make a delicious accompaniment to this pasta dish.

Ingredients:
Serves 4-6
450 g/1 lb mixed flavoured tagliatelle shavings of Parmesan cheese, to garnish

For the spinach gnocchi
450 g/l lb frozen chopped spinach
1 small onion, finely chopped
1 garlic clove, crushed
1.5 ml/1/4tsp ground nutmeg
400 g/ 1 4 oz low-fat cottage cheese
115 g/4 oz dried white breadcrumbs
75 g/3 oz semolina or plain flour
50 g/2 oz grated Parmesan cheese

For the tomato sauce
1 onion, finely chopped
1 stick celery, finely chopped
1 red pepper, seeded and diced
1 garlic clove, crushed
150 ml/ ¼ pint/ 2/3 cup vegetable stock
400 g/14 oz can tomatoes
15 ml/ 1 tbsp tomato puree
10 ml/2 tsp caster sugar
5 ml/1 tsp dried oregano
Salt and freshly ground black pepper

1-To make the tomato sauce, put the chopped onion, celery, pepper and garlic into a non-stick pan. Add the stock, bring to the boil and cook for 5 minutes or until tender.

2-Add the tomatoes, tomato 2pur6c, sugar and oregano. Season to taste, bring to the boil and simmer for 30 minutes until thick, stirring occasionally.

3-Put the spinach, onion and garlic into a saucepan, cover and cook until the spinach is increase the heat. Season with salt, pepper and nutmeg. Cool in a bowl. Mix in the remaining ingredients. Shape into about 24 ovals and refrigerate for 30 minutes.

4-Cook the gnocchi in boiling salted water for about 5 minutes. Remove with a slotted defrosted. Remove the lid and spoon and drain. Cook the tagliatelle in a pan of boiling salted water until al dente. Drain. Transfer to serving plates, top with gnocchi, the tomato sauce and 3 egg whites shavings of Parmesan cheese.

SUPPERS

Pizza with Fresh Vegetables

This pizza can be made with any combination of fresh vegetables. Most will benefit from being blanched or sauteed before being baked on the pizza.

Ingredients:
Serves 4
400 g/ 14 oz peeled plum tomatoes, fresh or canned, weighed whole, without extra juice
2 medium broccoli spears
225 g/8 oz fresh asparagus
2 small courgettes
75 ml/5 tbsp olive oil
50 g/2 oz//3 cup shelled peas, fresh or frozen
4 spring onions, sliced
1 pizza base,
25-30 cm/10-12 in in diameter
75 g/3 oz//3 cup mozzarella cheese, cut into small dice
10 leaves fresh basil, torn into pieces

2 cloves garlic, finely chopped
Salt and freshly ground black pepper

1-Preheat the oven to 240oC/475oF/Gas 9 for at least 20 minutes before baking the pizza. Strain the tomatoes through the medium hole of a food mill, scraping in all the pulp.

2-Peel the broccoli stems and asparagus, and blanch with the courgettes in a pan of boiling water for 4-5 minutes. Drain. Cut into bite-size pieces and slice the courgettes lengthways.

3-Heat 30 ml/2 tbsp of the olive oil in a small saucepan. Stir in the peas and spring onions and cook for 5-6 minutes, stirring often. Remove from the heat.

4-Spread the pursed tomatoes on to the pizza dough, leaving the rim uncovered. Add the other vegetables, spreading them evenly over the tomatoes.

5-Sprinkle with the mozzarella, basil, garlic, salt and pepper and remaining olive oil. Immediately place the pizza in the oven. Bake for about 20 minutes, or until the crust is golden brown and the cheese has melted.

SUPPERS

Aubergine Curry

A simple and delicious way of cooking aubergines, which retains their full flavour.

Ingredients:
Serves 4
2 large aubergines, about 450 g/l lb each
45 ml/3 tbsp oil
2.5 ml/l/2 tsp black mustard seeds
1 bunch spring onions, finely chopped
115 g/4 oz button mushrooms, halved
2 garlic cloves, crushed
1 fresh red chilli, finely chopped
2.5 ml/ l/2 tsp chilli powder
1 tsp ground cumin
1 tsp ground coriander
1.5 ml/ l/4 tsp ground turmeric
5 ml/ 1 tsp salt
400 g/14 oz can chopped tomatoes
15 ml/ 1 tbsp chopped fresh coriander
sprigs of fresh coriander, to garnish

1-Preheat the oven to 200oC/ I 400oF/Gas 6. Brush both of the aubergines with 15 ml/ I tbsp of the oil and prick with a fork. Bake in the oven for 30-35 minutes, until the aubergines are soft.

2-Meanwhile, heat the remaining oil in a saucepan and fry the mustard seeds for 2 minutes, until they being to splutter.

3-Add the spring onions, mushrooms, garlic and chilli and fry for 5 minutes. Stir in the chilli powder, curnin, coriander, turmeric and salt and fry for 3-4 minutes. Add the tomatoes and simmer for 5 minutes.

4-Cut each of the aubergines in half lengthways and scoop out the soft flesh into a bowl. Mash the flesh briefly.

5-Add the mashed aubergine and fresh coriander to the saucepan. Bring to the boil and simmer for 5 minutes or until the sauce thickens. Serve garnished with coriander sprigs.

COOK'S TIP

If you want to omit some of the oil, wrap the aubergines in foil and bake in the oven for 1 hour.

SUPPERS

Vegetable Korma

The blending of spices produces a subtle, aromatic curry.

Ingredients:

Serves 4
50 g/2 oz/4 tbsp butter
2 onions, sliced
2 garlic cloves, crushed
2.5 cm/ 1 in piece of fresh root ginger, grated
5 ml/ 1 tsp ground cumin
15 ml/1 tbsp ground coriander
6 cardamom pods
5 cm/2 in cinnamon stick
5 m1/1 tsp ground turmeric
1 fresh red chilli, seeded and finely chopped
1 potato, peeled and cut into
2.5 cm/ I in cubes
1 small aubergine, chopped
115 g/4 oz mushrooms, thickly sliced
115 g/4 oz/1 cup French beans, cut into 2.5 cm/1 in lengths
60 ml/4 tbsp natural yogurt
150 ml/l/4 pint/l/3 cup double cream
5 ml/1 tsp garam masala
Salt and freshly ground black pepper,
Sprigs of fresh coriander, to garnish
poppadums, to serve

1-Melt the butter in a heavy-based saucepan. Add the onions and cook for 5 minutes, until soft. Add the garlic and ginger and cook for 2 minutes, then stir in the cumin, coriander, cardamoms, cinnamon stick, turmeric and chilli. Cook, stirring, for 30 seconds.

2-Add the potato, aubergine and mushrooms and about 175 ml/ 6 fl oz/1/4 cup water. Cover the pan, bring to the boil, then lower the heat and simmer for 15 minutes. Add the beans and cook, uncovered, for 5 minutes.

3-With a slotted spoon, remove the vegetables to a warmed serving dish and keep hot. Allow the cooking liquid to bubble up until it reduces a little. Season with salt and pepper, then stir in the yogurt, cream and garam masala. Pour the sauce over the vegetables and garnish with coriander. Serve with poppadums.

VARIATION
Any combination of vegetables can be used for this korma, including carrots, cauliflower, broccoli, peas and chick-peas.

SUPPERS

Stuffed Peppers

Stuffed Peppers Stuffed peppers are easy to make for a light and healthy supper.

Ingredients:
Serves 4
15 ml/ 1 tbsp olive oil
1 red onion, sliced
1 courgette, diced
115 g/4 oz mushrooms, sliced
1 garlic clove, crushed
400 g/ 14 oz can chopped tomatoes
15 ml/ 1 tbsp tomato puree
40 g/ 1 ½ oz/ scant 1/3 cup pine nuts
30 ml/2 tbsp chopped fresh basil
4 large yellow peppers
50 g/2 oz/1/2 cup red Leicester cheese, finely grated
Salt and freshly ground black pepper
fresh basil leaves, to garnish

1-Preheat the oven to 180oC/350oF/Gas 4. Heat the oil in a saucepan, add the onion, courgette, mushrooms and garlic and cook gently for 3 minutes, stirring occasionally.

2-Stir in the tomatoes and tomato purse, then bring to the boil and simmer, uncovered, for 10-15 minutes, stirring occasionally, until thickened slightly. Remove from the heat and stir in the pine nuts, basil and seasoning.

3-Cut the peppers in half lengthways and seed them. Blanch in a pan of boiling water for about 3 minutes. Drain.

4-Place the peppers in a shallow ovenproof dish and fill with the vegetable mixture.

5-Cover the dish with foil and bake for 20 minutes. Uncover, sprinkle each pepper with grated cheese and bake for a further 5-10 minutes, until the cheese is melted and bubbling. Garnish with basil leaves and serve.

V A R I A T I 0 N
Use the vegetable filling to stuff other vegetables, such as courgettes or aubergines, in place of the peppers.

SUPPERS

Spicy Chick-pea and Aubergine Stew

This is a Lebanese dish that's full of the spicy flavours of the Middle East.

Ingredients:
Serves 4
3 large aubergines, cubed
200 g/7 oz/1 cup chick-peas, soaked overnight
60 ml/4 tbsp olive oil
3 garlic cloves, chopped
2 large onions, chopped
2.5 ml/l/2 tsp ground curnin
2.5 ml/l/2 tsp ground cinnamon
2.5 ml/l/2 tsp ground coriander
3 x 400 g/14 oz cans chopped tomatoes
Salt and freshly ground black pepper

For the garnish
30 ml/2 tbsp olive oil
1 onion, sliced
1 garlic clove, sliced
Sprigs of fresh coriander

1-Place the aubergines in a colander and sprinkle them with salt. Sit the colander in a bowl and leave for 30 minutes, to allow the bitter juices to escape. Rinse the aubergine with cold water and dry on kitchen paper.

2-Drain the chick-peas and put in a saucepan with enough water to cover. Bring to the boil and sirnmer for 1- 1 1/2 hours, or until tender. Drain.

3-Heat the oil in a large saucepan. Add the garlic and onion and cook until soft. Add the spices and cook, stirring, for a few seconds. Add the aubergine and stir. Cook for 5 minutes. Add the tomatoes and chick-peas and season with salt and pepper. Cover and simmer for 20 minutes.

4-To make the garnish, heat the oil in a frying pan and, when very hot, acid the sliced onion and garlic. Fry until golden and crisp. Serve the stew with rice, topped with the onion and garlic and garnished with coriander.

SUPPERS

Spicy Jacket Potatoes

Simple baked potatoes take on an exciting new character with the addition of a few herbs and spices.

Ingredients:
Serves 2-4
2 large baking potatoes
5 ml/ 1 tsp sunflower oil
1 small onion, finely chopped
2.5 cm/1 in piece fresh root ginger, grated
5 ml/1 tsp ground cumin
5 ml/l tsp ground coriander
2.5 ml/l/2 tsp ground turmeric garlic
Salt natural yogurt and sprigs of fresh coriander, to serve

1-Preheat the oven to 190oC/375oF/Gas 5. Prick the potatoes with a fork. Bake for 1 hour, or until soft.

2-Cut the potatoes in half and scoop out the flesh. Heat the oil in a non-stick frying pan and fry the onion for a few minutes to soften. Stir in the ginger, cumin, coriander and turmeric.

3-Stir over a low heat for about 2 minutes, then add the potato flesh and garlic salt, to taste.

4-Cook the potato mixture for a further 2 minutes, stirring occasionally. Spoon the mixture back into the potato shells and top each with a spoonful of natural yogurt and a sprig or two of fresh coriander. Serve hot.

SUPPERS

Baked Leeks with Cheese and Yogurt

Like all vegetables, the fresher leeks are, the better their flavour, and the freshest leeks available should be used for this dish. Small, young leeks are around at the beginning of the season and are perfect to use here.

Ingredients:
Serves 4

25 gll oz/2 tbsp butter 8 small leeks, about 675 g/1'/, lb 2 small eggs or I large one, beaten 150 g/5 oz fresh goat's cheese
85 ml/3 fl oz/ 1/3cup natural yogurt
50 g/2 oz Parmesan cheese, grated
25 g/ l oz/ ½ cup fresh white or brown breadcrumbs
Salt and freshly ground black pepper

1-Preheat the oven to 180oC/350oF/Gas 4. Butter a shallow ovenproof dish. Trim the leeks, cut a slit from top to bottom and rinse well under cold water.

2-Place the leeks in a saucepan of water, bring to the boil and simmer gently for 6-8 minutes, until just tender. Remove and drain well using a slotted spoon. Arrange in the prepared dish.

3-Beat the eggs with the goat's 3cheese, yogurt and half the Parmesan cheese. Season well with salt and pepper. Suppers 1 4 0

4-Pour the cheese and yogurt mixture over the leeks. Mix the breadcrumbs and remaining Parmesan cheese together and sprinkle over the sauce. Bake for 35-40 minutes, until the top is crisp and golden brown.

SUPPERS

Tagliatelle with Gorgonzola Sauce

Gorgonzola is a creamy Italian blue cheese. As an alternative you could use Danish Blue or Pipo Creme.

Ingredients:
Serves 4
25g/ 1 oz/2 tbsp butter, plus extra for tossing the pasta
225g/Soz Gorgonzola cheese
150ml/1/4pint/2/3cup double or whipping cream
30ml/2 tbsp dry vermouth
5ml/1 tsp cornflour
15ml/1 tbsp chopped fresh sage
450g/ 1 lb tagliatelle salt and ground black pepper

1-Melt 25g/l oz/2 tbsp butter in a heavy saucepan (it needs to be thick-based to prevent the cheese from burning). Stir in 175g/6oz crumbled Gorgonzola cheese and stir over a gentle heat for about 2-3 minutes until melted.

2-Whisk in the cream, vermouth and cornflour. Add the sage; season. Cook, whisking, until the sauce boils and thickens. Set aside.

3-Boil the pasta in plenty of salted water according to the instructions on the packet. Drain well and toss with a little butter.

4-Reheat the sauce gently, whisking well. Divide the pasta among four serving bowls, top with the sauce and sprinkle over the remaining crumbled cheese. Serve immediately.

SUPPERS

Pappardelle, with Beans and Mushrooms

A mixture of wild and cultivated mushrooms help to give this dish a rich and nutty flavour.

Ingredients:
Serves 4
30ml/2 tbsp olive oil
50g/2oz/4 tbsp butter
2 shallots, chopped
2-3 garlic cloves, crushed
675g/l ½ lb mixed mushrooms, thickly sliced
4 sun-dried tomatoes in oil, drained and chopped
90ml/6 tbsp dry white wine 4OOg/14 oz can borlotti beans, drained
45ml/3 tbsp grated Parmesan cheese
chopped fresh parsley, to garnish
salt and ground black pepper
cooked pappardelle, to serve

1-Heat the oil and butter in a frying pan and fry the shallots until they are soft.

2-Add the garlic and mushroom and fry for 3-4 minutes. Stir in the sun-dried tomatoes, wine and add seasoning to taste.

3-Stir in the borlotti beans and cook for 5-6 minutes, until most of the liquid has evaporated from the pan and the beans are warmed through.

4-Stir in the grated Parmesan 4cheese. Sprinkle with parsley and serve immediately with freshly cooked pappardelle.

SUPPERS

Curly Spaghetti with Walnut and Cream

A classic Italian dish with a strong, nutty flavour, this should be served with a delicately flavoured salad.

Ingredients:
Serves 4
350g/12oz curly spaghetti (fusilli col buco)
50g/ 2 oz/ 1/2 cup walnut pieces
25g/l oz/2 tbsp butter
300ml/ 1/2 pint/ l'/4 cups milk
50g/2 oz/1 cup fresh breadcrunibs

25g/ 1 oz/2 tbsp freshly grated Parmesan cheese
pinch of freshly grated nutmeg
salt and ground black pepper
fresh rosemary sprigs, to garnish

1-Cook the pasta in plenty of boiling salted water according to the instructions on the packet. Meanwhile, preheat the grill.

2-Spread the walnuts evenly over the grill pan. Grill for about 5 minutes, turning occasionally until evenly toasted.

3-Remove the walnuts from the heat, place in a clean dish towel and rub away the skins. Roughly chop the nuts.

4-Heat the butter and milk in a saucepan until the butter is completely melted.

5-Stir in the breadcrumbs and nuts and heat gently for 2 minutes, stirring constantly until thickened.

6-Add the Parmesan cheese, nutrneg and seasoning to taste.

7-Drain the pasta thoroughly through a colander and toss in the sauce. Serve immediately, garnished with fresh sprigs of rosemary.

SUPPERS

Roquefort and Walnut Pasta Salad

This is a simple earthy salad, relying totally on the quality of the ingredients. There is no real substitute for Roquefort - a blue-veined ewe's- milk cheese which comes from south-western France.

Ingredients:
Serves 4
225g/8oz pasta shapes
mixed salad leaves, such as rocket, curly endive, lamb's lettuce, baby spinach, radicchio, etc
30ml/2 tbsp walnut oil
60ml/4 tbsp sunflower oil
30ml/2 tbsp red wine vinegar or sherry vinegar
225g/8oz Roquefort cheese, roughly crumbled
115g/4oz/1 cup walnut halves
salt and ground black pepper

1-Cook the pasta in plenty of boiling salted water according to the instructions on the packet. Drain well and cool. Wash and dry the salad leaves and place them in a large bowl.

2-Whisk together the walnut oil, sunflower oil, vinegar and salt and pepper to taste.

3-Pile the pasta in the centre of the leaves, scatter over the crumbled Roquefort and pour over the dressing.

4-Scatter over the walnuts. Toss just before serving.

COOK'S TIP:
Try toasting the walnuts under the grill for a couple of minutes to release the flovour

MAIN COURSES
Chicory Soufflé

INGREDIENTS
Serves 4-6
3 heads chicory salt juice
1 lemon
3 tbsp/40g/l ½ oz butter
3/8 cup/40g/l ½ oz flour
1 ¼ cups/300ml/10fl oz milk
½ cup/50g/2oz grated cheese

1-Heat the oven to 400oF/200oC/Gas 6. Trim the chicory and cook in salted water to which you have added the lemon juice. This will stop it discolouring.

2-When the chicory is tender, drain and set aside. When it is cool, press the water out from between the leaves with your fingers. Chop the chicory very finely.

3-Meanwhile, melt the butter in a heavy- bottomed pan. Stir in the flour. Remove from the heat and stir in the milk. Return from the heat and stir until the sauce has thickened. Add the cheese and cook for a further minute. Allow to cool.

4-When the sauce has cooled, mix in the chicory, then the egg yolks.

5-Whisk the whites until they form soft peaks and fold into the chicory mixture. Spoon into a greased souffle dish and sprinkle the top with breadcrumbs. Bake in the oven for 20-25 minutes until lightly set, well risen and golden on top. Serve this souffle with a strongly flavoured salad, such as watercress garnished with slivers of orange.

Main Courses

Flageolet and Sage Derby Quicbe

INGREDIENTS

Serves 4-6
6oz/175g shortcrust pastry (enough for a single-crust pie)
4 large tomatoes
4oz/100g Sage Derby cheese,
3 eggs
2/3 cup/150ml/5fl oz milk
salt and freshly ground black pepper
1 cup/175g/6oz flageolet beans, pre-soaked and cooked

1-Pre-heat the oven to 400oF/200oC/Gas 6. Pour boiling water over the tomatoes. After a minute the skins will begin to split. Refresh with cold water. Peel the tomatoes and slice them thickly.

2-Line a 8in/22cm quiche pan with the pastry and crumble the cheese into it. Arrange the tomato slices to cover the cheese.

3-Break the eggs into a bowl and lightly beat with the milk and seasoning. Pour egg mixture into the pie crust, gently pressing down the tomatoes with a fork.

4-Bake in the centre of the oven for 15-20 minutes, until set and golden.

MAIN COURSES

OnionTart

INGREDIENTS

Serves 4-6
6oz/175g pastry (enough for a single-crust pie)
1 tbsp/15g/ ½ oz butter
1 tbsp/15ml oil
2 ½ cups/550g/1 lb 2oz finely chopped onions
2 eggs plus
1 yolk
2 cups/450ml/ ¾ pt single cream
1-2 heaped tbsp/15-30ml grated Cheddar cheese
1-2 heaped tbsp/15-30ml chopped parsley
salt and freshly ground black pepper
pinch of cayenne pepper

1-Heat the oven to 375oF/190oC/Gas 5 and line a 22cm/8in quiche pan with the pastry.

2-Heat the butter and olive oil in a pan. Stir in the onions. Cover the pan, turn down the heat and sweat for about 5 minutes, stirring occasionally until soft and transparent.

3-Beat the eggs, cream and cheese together and add the onions and parsley. Season with salt, pepper and cayenne to taste, pour into the pastry crust and bake in the middle of the oven for 30-40 minutes until golden and set.

VARIATION
To make an onion and blue cheese tart, combine 1-2 tbsp crumbled blue cheese with the cream before beating it with the eggs. Omit the Cheddar, parsley and cayenne pepper.

MAIN COURSES
Mushroom and Broccoli Nut Loaf

INGREDIENTS
Serves 6
¾ cup/50g/2oz sliced button mushrooms
2 tbsp/25g/l oz polyunsaturated margarine
2 stalks celery, chopped
1 clove garlic, crushed
1 onion, grated
1 tbsp/15ml wholemeal flour
1 ½ cups/400g/15oz can chopped tomatoes
2 cups/l00g/4oz wholemeal breadcrumbs
1 cup/l00g/4oz ground walnuts
1 egg
1 tsp/5ml fresh basil, chopped
1 tsp/5ml fresh oregano, chopped
1 tbsp/15ml parsley, chopped
salt and freshly ground black pepper
4oz/100g broccoli spears, cooked

SAUCE
1 cup/50g/2oz chopped mushrooms
3 tbsp/20g/ ¾ oz wholemeal flour
½ cup/120ml/4fl oz vegetable stock
½ cup/120ml/4fl oz skimmed milk
celery leaves

1-Sauté the mushroom slices in a frying pan with I tbsp/15g/ ½ oz margarine, drain and place in a line down the centre of a lightly greased 2pt/1.11 loaf tin.

2-Cook the celery, garlic and onion in the pan until softened.

3-Stir in the flour and tomatoes and stir until thickened.

4-Add the breadcrumbs, nuts, egg, herbs and seasoning. Place half in the tin. Add the broccoli spears and top with the remaining mixture.

5-Cover with foil, place in a roasting pan filled with boiling water and cook at 350oF/ 180oC/Gas 4 for 1 ¼ - 1 ½ hours.

6-Melt the remaining margarine, add the chopped mushrooms and cook for 2-3 minutes. Stir in the flour, and cook for I minute.

7-Add the stock, milk and seasoning and stir until boiled.

8-Turn out the loaf, garnish with celery leaves and serve with the sauce separately.

MAIN COURSES

SummerVegetable Pasties

INGREDIENTS

Makes 4
1 recipe Wholewheat Pastry
beaten egg to glaze

FILLING
1 cup/l00g/4oz potatoes, diced
4 baby carrots, sliced
¼ cup/50g/2oz garden peas
2 baby courgettes, sliced
2 stalks celery, sliced
½ green pepper, diced

CHEESE SAUCE
2 tbsp/25g/loz butter
4 tbsp/25g/l oz untreated (unbleached) white flour
up to 1 ¼ cups/300ml/ ½ pt milk
½ cup/50g/2oz Cheddar cheese, grated
salt and freshly ground black pepper

1-Make the pastry. Pre-heat the oven to 350oF/180oC/Gas 4.

2-Boil the potatoes and carrots in salted water until just tender. In another pan, boil the remaining vegetables for about 2 minutes. Drain.

3-To make the cheese sauce, melt the butter in a heavy-bottomed pan, stir in the flour and gradually add half the milk, stirring. Add the cheese. Stir until melted. Add a little more milk, and season to taste. Don't make the sauce too thin or it will pour out of the pastry shells. Mix sauce into vegetables to coat them generously.

4-Divide the pastry into 4 balls and roll out. Share the mixture between the pastry rounds. Crimp together to form pasties and brush with beaten egg. Put the pasties on a baking tray and bake in the oven for 30 minutes or until the pastry is cooked.

MAIN COURSES

Sabzi Vegetable Cutlet

INGREDIENTS

Serves 4-6

1 cup/l00g/4oz beetroot, diced
1 cup/l00g/4oz carrots, diced
2 cups/225g/8oz potatoes, diced
1 ½ cups/l00g/4oz cabbage, shredded
½ tsp/2.5ml chilli powder
½ tsp/2.5ml ground roasted cumin
salt and freshly ground black pepper
Large pinch sugar
1 tbsp/15ml raisins (optional)
½ cup/50g/2oz flour
½ cup/120ml/4oz milk
breadcrumbs
oil for deep frying

1-Boil the beetroot, carrots, potatoes and cabbage together until tender. Drain.

2-Mash the boiled vegetables with the chilli, roasted cumin, black pepper, salt, sugar and raisins. Divide into 12 balls and flatten. Chill for 1 hour.

3-Make a batter with the flour and milk and dip a cutlet in it. Then roll it in breadcrumbs until well coated.

4-Heat the oil in a large frying pan and fry the cutlets for 2-3 minutes turning once, until crisp and golden. Serve with coriander chutney.

MAIN COURSES

Azuki Bean Burgers

INGREDIENTS

Serves 4

1 cup/450g/8oz azuki beans
bay leaf
2 onions, chopped
3 cloves garlic, chopped
1-2 tbsp/15-30ml oil
4 carrots, peeled and grated
juice 1 lemon

4 tbsp/60ml parsley, chopped
salt and freshly ground black pepper
soy sauce to taste
beaten egg for binding
wholewheat flour for coating

1-Soak the azuki beans overnight. Drain, then cook until tender in fresh water with a bay leaf added. Drain, reserving the liquid.

2-Fry the onion and garlic in oil until transparent. Add the carrot and lemon juice and sweat, covered, until soft.

3-Add the beans, mix well and purée in a blender, adding a little of the bean liquor if necessary to form a malleable consistency. Stir in the parsley, season and add soy sauce to taste. Stir in enough beaten egg to bind.

4-Form into balls or burgers, coat with flour and shallow fry until brown and crispy on the outside. Serve with homemade Marinara Sauce

MAIN COURSES

Kidney Bean, Artichoke and Mushroom Casserole

INGREDIENTS

Serves 4
1 cup/225g/8oz kidney beans
1-2 tbsp/15-30ml oil
1 large onion, chopped
1-2 cloves garlic, chopped
3 cups/175g/6oz mushrooms, sliced
1 cup/l00g/4oz French beans, trimmed, cut in thirds and parboiled
1 ¾ cups/425g/15oz can artichoke hearts, drained
1 ¾ cups/425g/15oz can tomatoes, mashed
salt and freshly ground black pepper
parsley

METHOD
1-Soak the kidney beans overnight and cook until tender.

2-Pre-heat the oven to 350oF/180oC/Gas4. Heat oil and fry onion and garlic until translucent. Add the mushrooms and stir- fry for 1-2 minutes until just soft.

3-Transfer all the ingredients to a casserole. Season well. Cover and bake for 30-40 minutes. Sprinkle with parsley and serve.

MAIN COURSES

Bean Moussaka

INGREDIENTS
Serves 4
1 cup/225g/8oz rose cocoa beans
1 large aubergine, thinly sliced
oil
1 large onion, chopped
2 cloves garlic, chopped
1 ¾ cups/425g/15oz can tomatoes, mashed
1 tbsp/15ml tomato purse
2 tsp/l0ml fresh thyme, chopped
salt and freshly ground black pepper

milk '/, cup/50g/2oz grated Cheddar cheese grated nutmeg to taste sak and freshly ground black pepper

METHOD
1-Soak the beans overnight and cook until you can mash them with a fork. Drain.

2-Heat the oven to 350oF/180oC/Gas 4. Sprinkle the aubergine slices with salt and allow to stand in a colander for 30 minutes. Rinse and pat dry with kitchen paper. Heat some oil in a pan and fry aubergines gently until cooked. Set aside.

3-Add some more oil to the pan and fry the onion and garlic until translucent. Add the tomatoes, tomato purse, thyme and seasoning, and heat through, stirring. Mix in the beans. Set aside.

4-To make the cheese sauce, melt the butter in a thick-bottomed saucepan. Stir in the flour, then gradually add the milk, stirring all the time, until the sauce bubbles and thickens. Turn down the heat, add the cheese and stir till melted. Season with nutmeg and add salt and pepper to taste.

5-To assemble the dish, spread a layer of the bean mixture in the bottom of a casserole and top with aubergine slices. Spread thinly with cheese sauce. Continue to layer the ingredients until they are all used up, ending with a thick layer of the sauce. Bake in the oven to heat right through for 30-40 minutes and serve with a crisp green salad.

MAIN COURSES
Bulghar Wheat Stuffed Peppers

INGREDIENTS
Serves 4
5oz/150g bulghar wheat
2 red peppers, cut in half lengthways and seeded
2 yellow peppers, cut in half lengthways and seeded
1 tbsp/15ml sunflower oil
1 onion, chopped

½ cup/50g/2oz chopped hazelnuts
2/3 cup/75g/3oz chopped dried apricots
½ tsp/2.5ml powdered ginger
ltsp/5ml cardamon seeds, ground
2 tbsp/30ml coriander leaves, finely chopped
3 tbsp/45ml natural yoghurt
fresh coriander leaves

METHOD
1-Place the bulghar wheat in a bowl, pour over 1 ¼ cups/300ml/ ½ pt boiling water and leave to stand for 15 minutes.

2-Place the peppers in a shallow, lightly oiled ovenproof dish.

3-Place the remaining oil in a saucepan, add the onion and gently fry until softened. Stir in the bulghar wheat, hazelnuts, apricots, ginger and cardamon. Cook for 1 minute, stirring continuously.

4-Add the coriander and yoghurt, mix together and use to fill the pepper shells. Cover the dish tightly with aluminium foil and bake in a pre-heated oven at 375oF/ 190oC/Gas 5 for 30-35 minutes.

5-Serve immediately, garnished with coriander leaves.

MAIN COURSES
Savoury Stuffed Vine Leaves

INGREDIENTS
Serves 4
1 cup/225g/8oz brown rice olive oil
1 small onion, chopped
2 cloves garlic, chopped
salt and freshly ground black pepper
8oz/225g peeled bottled or canned chestnuts
1-2 tbsp/15-30ml butter
4oz/100g mushrooms
2 tomatoes, peeled and chopped
ltsp/5mi dried mixed herbs
20 vine leaves

METHOD
1-Wash the rice in several changes of cold water. Heat 1 tbsp/15ml oil in a heavy- bottomed pan and fry the onion and garlic until translucent. Stir in the rice and cook for a few minutes before covering with boiling water. (Use about 2/3 water to 1/3 rice by volume.) Bring back to the boil,

then cover the pan and turn the heat down very low. The rice should be cooked in about 40 minutes.

2-Meanwhile, drain the chestnuts and chop them finely. Heat the butter in a pan and add the mushrooms. When they are tender, add the tomatoes, chestnuts and herbs. Stir once or twice and remove from the heat.

3-When the rice is cooked, mix it thoroughly with the nut stuffing and check the seasoning. Use it, by the spoonful, to stuff the vine leaves. Pack them into an ovenproof dish, brush with olive oil and cover the dish with foil. Heat through in the oven. Stuffed vine leaves are best eaten hot, but they're good cold too, if you have any left over.

MAIN COURSES

Potato Topped Vegetable pie

INGREDIENTS

Serves 4-6

½ cup/75g/3oz green lentils
¼ cup/50g/2oz pot barley
1 onion, chopped
1 ¾ cups/425ml/15oz can chopped tomatoes
6oz/175g cauliflower florets
2 stalks celery, sliced
1 leek, thickly sliced
1 turnip, sliced
2 carrots, diced
2 tbsp/30ml fresh mixed herbs, chopped
1 ½ lb/750g potatoes, scrubbed
3 tbsp/45ml semi-skimmed milk
2 tbsp/25g/loz grated reduced fat
salt and freshly ground black pepper
medium hard cheese

1-Place the lentils, barley, onion, tomatoes, cauliflower, celery, leek, turnip, carrots and herbs in a large saucepan with 1 ¼ cup/ 300ml/ ½ pt water.

2-Bring to the boil, cover and simmer for 40-45 minutes or until everything is soft.

3-Cover potatoes with boiling water and cook for about 15 minutes, or until soft.

4-Drain, peel and mash the potatoes with the milk and season to taste.

5-Place the lentil mix in a pie dish and either pipe or fork the potato on top.

6-Sprinkle with cheese and place in a pre- heated oven at 400oF/200oC/Gas 6 for 30- 35 minutes.

MAIN COURSES

Wicklow "Pancakes"

INGREDIENTS

Serves 4
2 medium onions, sliced
1 ½ lb/675g potatoes, sliced
6 tbsp/90ml olive oil
salt and black pepper
6 eggs
parsley

METHOD
1-Blanch the potatoes, then fry with the onions in the olive oil until they are very well cooked - do try not to brown either the onions or the potatoes. Drain off the excess oil, season to taste.

2-Whisk the eggs in a large bowl, then add the potato and onion mixture, along with some chopped parsley. Put a little oil in a pan and pour some of the mixture in until it is nearly 1in/2 cm thick.

3-Cook over a moderate heat until reasonably firm, then turn over with the help of a dinner plate. Cook for a few minutes and turn out.

4-Cut into wedges and eat hot or cold.

MAIN COURSES

Avocado Soufflée Omelette

INGREDIENTS
Serves 2
1 green pepper
3 tbsp/40g/l ½ oz butter
1 ripe avocado
dash lemon juice
4 eggs, separated
salt and freshly ground black pepper

METHOD
1-De-seed and slice the green pepper. Heat a little of the butter in a pan and fry gently until soft. Set aside.

2-Cut the avocado in half. Remove the stone and remove the flesh from the shell in one careful movement with a palette knife. Slice the avocado and sprinkle with lemon juice.

3-Beat the egg yolks and season with salt and pepper. Whisk the whites and fold the two together.

4-Heat half the remaining butter in a pan and pour in half the omelette mixture. Arrange half the avocado and green pepper on one side of it. When lightly set, fold the omelette in two, slide out of the pan and keep hot until you have made the second omelette in the same way.

MAIN COURSES

Leek and Stilton Bake

INGREDIENTS

Serves 4

1 lb /450g small leeks
6 eggs
1 slice whole wheat bread, crumbed
2 tbsp/30ml cider vinegar
4oz/100g Stilton cheese

METHOD

1-Pre-heat the oven to 400oF/200oC/Gas 6. Trim and wash the leeks. Steam for 10-15 minutes. Lay them in a greased ovenproof dish.

2-Beat the eggs with the vinegar and breadcrumbs and crumble in the Stilton. Pour over the leeks and bake for 30 minutes until risen and golden.

MAIN COURSES

Eggs with Curly Kale

INGREDIENTS

Serves 2-4

1 lb/450g curly kale
4 eggs 2tbsp/25g/l oz butter
¼ cup/25g/loz plain untreated flour
1 ¼ cups/300ml/10fl oz milk
½ cup/50g/2oz Cheddar cheese, grated
salt and freshly ground black pepper

METHOD

1-Wash the kale and discard the stalks. Pack into a saucepan with a very little water, cover and cook slowly for about 20 minutes until tender. Drain and cut up roughly with a knife and fork. Put the kale in the bottom of a heatproof serving dish and keep warm.

2-Soft-boil the eggs.

3-Meanwhile, make the cheese sauce. Melt the butter in a pan and stir in the flour. Cook, stirring for a few minutes. Gradually add the milk. Continue to stir until the sauce has thickened. Add the cheese. When it melts, season.

4-Plunge the eggs in cold water and remove the shells. Lay them on the bed of kale and cover with the sauce. Heat the dish through in the oven or under the grill.

MAIN COURSES

Cheese Strudel

INGREDIENTS
Serves 4
12oz/350g packet puff pastry
1 ½ cups/175g/6oz grated Cheddar cheese
2/3 cup/l00g/4oz cream cheese
2/3 cup/100g/4oz curd cheese
1 egg
chopped parsley or mint
salt and freshly ground black pepper
egg white for glazing

METHOD
1-Roll the pastry out as thinly as possible.

2-Mix the remaining ingredients except the egg white until smooth. Spread the mixture over the pastry.

3-Fold over to make a flattish strip, sealing the edges well. Brush with the egg white. Place on a moistened baking sheet and bake at 400'F/200'C/Gas 6 for 20 minutes.

4-Serve hot, with soured cream if liked.

MAIN COURSES

Broccoli and Tomato Cheesecake

INGREDIENTS
Serves 4-6
1 cup/l00g/4oz whole wheat biscuit (cracker) crumbs
4tbsp/50g/2oz buttec softened

THE FILLING
8oz/250g broccoli florets
1 large tomato
1 ½ cups/350g/12oz curd cheese
salt and freshly ground white pepper

pinch nutmeg
2 eggs, separated

THE TOPPING
broccoli florets

METHOD
1-Pre-heat the oven to 350oF/180oC//Gas 4. Combine the crumbs and the butter and press down well into a greased 8in/22cm quiche pan with a loose bottom.

2-Steam the broccoli florets over boiling salted water until tender. Carefully slice some of the florets for decorating and reserve the rest. Immerse the tomato in boiling water for a minute, refresh in cold water, peel and de-seed.

3-Mash the curd cheese with the broccoli and tomato and season well with salt, pepper and a good pinch of nutmeg. Beat in the egg yolks.

4-Whisk the whites until they form soft peaks and fold into the mixture. Pour the filling over the crumb base and bake for about 20-25 minutes until slightly risen and just set.

5-Allow to cool. When cold, remove the sides of the tin and decorate the top with the remaining broccoli florets. Chill before serving.

Special Occasions

Broccoli Timbales

This elegant but easy to make dish can be made with almost any pureed vegetable, such as carrot or celeriac. To avoid last-minute fuss, make the timbales a few hours ahead and cook while the first course is being eaten. Or serve them on their own as a starter with a little white wine butter sauce.

Ingredients:
Serves 4
15 g/l/2 oz/1 tbsp butter
350 g/12 oz broccoli florets
45 ml/3 tbsp creme fraiche or whipping cream
1 egg, plus one egg yolk
15 ml/1 tbsp chopped spring onion
pinch of freshly grated nutmeg
salt and freshly ground black pepper

white wine butter sauce, to serve (optional)
fresh chives, to garnish (optional)

1-Preheat the oven to 190oC/375oF/Gas 5. Lightly butter four 175 ml/6 fl oz/1/4 cup ramekins. Line the bases with greaseproof paper and butter the paper.

2-Steam the broccoli in the top of a covered steamer over boiling water for 8-10 minutes, until very tender.

3-Put the broccoli in a food processor fitted with the metal blade and process with the cream, egg and egg yolk until smooth.

4-Add the spring onion and season with salt, pepper and nutmeg. Pulse to mix.

5-Spoon the puree into the ramekins and place in a roasting tin. Add boiling water to come halfway up the sides. Bake for 25 minutes, until just set. Invert on to warmed plates and peel off the paper. If serving as a starter, pour sauce around each timbale and garnish with chives.

SPECIAL OCCASIONS

Fonduta with Steamed Vegetables

Fonduta is a creamy cheese sauce from Italy. Traditionally it is garnished with slices of white truffles and eaten with toasted bread rounds.

Ingredients:
Serves 4
assorted vegetables, such as fennel, broccoli, carrots, cauliflower and courgettes
115 g/4 oz/8 tbsp butter
12-16 rounds of Italian or French baguette

For the fonduta
300 g/ 11 oz/1 2/3 cups fontina cheese
15 ml/ 1 tbsp flour milk, as required
50 g/2 oz/4 tbsp butter
50 g/2 oz/l/2 cup freshly grated Parmesan cheese
pinch of grated nutmeg
2 egg yolks, at room temperature
a few slivers of white truffle (optional)
salt and freshly ground black pepper

1-About 6 hours before you want to serve the fonduta, cut the fontina into chunks and place in a bowl. Sprinkle with the flour. Pour in enough milk to barely cover the cheese and set aside in a cool place. The cheese should be at room temperature before being cooked.

2-Just before preparing the fonduta, steam the vegetables until tender. Cut into pieces. Place on a serving platter, dot with butter and keep warm.

3-Butter the bread and toast lightly in the oven or under the grill.

4-For the fonduta, melt the butter in a bowl set over a pan of simmering water, or in a double boiler. Strain the fontina and add it, with 45-60 ml/3-4 tbsp of its soaking milk. Cook, stirring, until the cheese melts. When it is hot, and has formed a homogeneous mass, add the Parmesan and stir until melted. Season with nutmeg, salt and pepper.

5-Remove from the heat and immediately beat in the egg yolks, which have previously been passed through a sieve. Spoon into warmed individual serving bowls, garnish with white truffle, if using, and serve with the vegetables and toasted bread.

SPECIAL OCCASIONS

Buckwheat Blinis with Mushroom Caviar

These little Russian pancakes are traditionally served with fish roe caviar and soured cream. The term caviar is also given to fine vegetable mixtures called ikry. This wild mushroom ikry has a rich and silky texture.

Ingredients:
Serves 4
115 g/4 oz/1 cup strong white bread flour
50 g/2 oz/1/3cup buckwheat flour
2.5 ml/l/2tsp salt 300 ml/ 1/2pint/11/4cups milk
5 ml/ 1 tsp dried yeast
2 eggs, separated
200 ml/7 fl oz/1/8 cup soured cream or creme fraiche, to serve

For the caviar
350 g/ 12 oz assorted wild mushrooms, such as field mushrooms, orange birch bolete, bay boletus, oyster and St George's mushrooms
5 ml/1 tsp celery salt
30 ml/ 2 tbsp walnut oil
15 ml/l tbsp lemon juice
45 ml/3 tbsp chopped fresh parsley
freshly ground black pepper

1-To make the caviar, trim and chop the mushrooms and place them in a glass bowl. Toss with the celery salt and cover with a weighted plate.

2-Leave the mushrooms for 2 hours, until the juices have run out into the bottom of the bowl. Rinse them thoroughly to remove the salt.

3-Drain and press out as much liquid as you can with the back of a spoon. Return them to the bowl and toss with the walnut oil, lemon juice and parsley. Season with pepper and chill until ready to serve.

4-Sift the two flours together with the salt in a large mixing bowl. Warm the milk to approximately blood temperature. Add the yeast, stirring until dissolved, then pour into the flour. Add the egg yolks and stir to make a smooth batter. Cover with a damp cloth and leave in a warm place to rise, for about 30 minutes.

5-Whisk the egg whites in a clean bowl until stiff, then fold into the risen batter.

6-Heat an iron pan to moderate 6temperature. Moisten with oil, then drop spoonfuls of the batter on to the surface, turn them over and cook briefly on the other side. Spoon on the mushroom caviar and serve with the soured cream.

SPECIAL OCCASIONS

Greek Filo Twists

Spinach and feta cheese make up the secret filling hidden inside these pretty filo parcels.

Ingredients:
Serves 4
15 ml/ 1 tbsp olive oil
1 small onion, finely chopped
275 g/10 oz fresh spinach, stalks removed
50 g/2 oz/4 tbsp butter, melted
4 sheets filo pastry (about 45 x 25 cm/ 18 x 10 in)
1 egg pinch of grated nutmeg
75 g/3 oz/1/4cup crumbled feta cheese
15 ml/ 1 tbsp freshly grated Parmesan cheese
salt and freshly ground black pepper

1-Preheat the oven to 190oC/375oF/Gas 5. Heat the oil in a pan, add the onion and fry gently for 5-6 minutes, until softened.

2-Add the spinach leaves and cook, stirring, until the spinach has wilted and some of the liquid has evaporated. Leave to cool.

3-Brush four 10 cm/4 in diameter loose-based tartlet tins with a little melted butter.
Take two sheets of the filo pastry and cut each into eight 12 cm/ 4 1/2 in squares. Keep the remaining sheets covered.

4-Brush four squares at a time with melted butter. Line the first tartiet tin with one square, gently easing it into the base and up the sides. Leave the edges overhanging.

5-Lay the remaining three buttered squares on top of the first, turning them so the corners form a star shape. Repeat for the remaining tartlet tins.

6-Beat the egg with the nutmeg and season with salt and pepper. Stir in the cheeses and

spinach. Divide the mixture between the tins and smooth the tops. Fold the overhanging pastry back over the filling.

7-Cut one of the remaining sheets of pastry into eight 10 cm/4 in rounds. Brush with butter and place two on top of each tartlet. Press around the edges to seal. Brush the remaining sheet of pastry with butter and cut into strips. Twist each strip and lay on top of the tartlets. Leave to stand for 5 minutes, then bake for 30-35 minutes. Serve hot or cold.

SPECIAL OCCASIONS

Grilled Vegetable Terrine

Impress your guests with a colourful layered terrine using a mixture of Mediterranean vegetables.

Ingredients:
Serves 6
2 large red peppers, quartered, cored and seeded
2 large yellow peppers, quartered, cored and seeded
1 large aubergine, sliced lengthways
2 large courgettes, sliced lengthways
90 ml/6 tbsp olive oil
1 large red onion, thinly sliced
75 g/3 oz/1/2 cup raisins
15 ml/ 1 tbsp tomato puree
15 ml/1 tbsp red wine vinegar
400 ml/14 fl oz/1 1/3 cups tomato juice
15 g/l/2 oz/2 tbsp vegetarian gelatine
fresh basil leaves, to garnish

For the dressing
90 m1/6 tbsp olive oil
30 ml/2 tbsp red wine vinegar
salt and freshly ground blackpepper

1-Place the peppers skin side up under a hot grill and cook until blackened. Put in a bowl. Cover.

2-Arrange the aubergine and courgette slices on separate baking sheets. Brush them with oil and cook under the grill.

3-Heat the remaining olive oil in a frying pan. Add the onion, raisins, tomato pur6e and red wine vinegar. Cook until soft.

4-Line a 1.75 litre/3 pint/7 1/2 cup terrine with clear film.

5-Pour half the tomato juice into a saucepan. Sprinkle with the gelatiiie. Dissolve over a low heat.

6-Layer the red peppers in the terrine, and cover with some of the tomato juice ind gelatine. Add the aubergine, courgettes, yellow peppers and onion mixture.

7-Pour tomato juice over each layer of vegetables and finish with another layer of red peppers.

8-Add the remaining tomato juice to any left in the pan and pour into the terrine. Give the terrine a sharp tap, to disperse the juice. Cover and chill in the refrigerator until set.

9-To make the dressing, whisk together the oil and vinegar. Season with salt and pepper.

10-Turn out the terrine and remove the clear film. Serve in thick slices, drizzled with dressing. Garnish with basil leaves.

SPECIAL OCCASIONS

Leek Souffle

Souffles are a great way to impress guests at a dinner party. This one is simple to make but it looks very sophisticated.

Ingredients:
Serves 2-3
15 g/l/2 oz/1 tbsp butter
15 ml/1 tbsp sunflower oil
40 g/l 1/2 oz/3 tbsp butter
2 leeks, thinly sliced about
300 ml/l/2 pint/1 1/4 cups milk
25 g/ 1 oz/1/4 cup plain flour
4 eggs, separated
75 g/3 oz Gruyere or Emmenthal cheese, grated
salt and freshly ground black pepper

1-Preheat the oven to 180oC/350oF/Gas 4. Butter a large souffle dish. Heat the sunflower oil and 15 g/l/2 oz/1 tbsp of the butter in a small saucepan or flameproof casserole and fry the leeks over gentle heat for 4-5 minutes, until soft but not brown.

2-Stir in the milk and bring to the boil. Cover and simmer for 4-5 minutes, until the leeks are tender. Strain the liquid through a sieve into a measuring jug.

3-Melt the remaining butter, stir in the flour and cook for 1 minute. Remove from the heat.

4-Make up the reserved liquid with milk to 300 ml/1/2 pint/ 1 1/4 cups. Gradually stir in the milk to make a smooth sauce. Return to the heat and bring to the boil, stirring. When thickened, remove from the heat. Cool slightly and beat in the egg yolks, cheese and leeks.

5-Whisk the egg whites until stiff and, using a large metal spoon, fold into the leek and egg mixture. Pour into the prepared souffle dish and bake for about 30 minutes, until puffed and golden brown. Serve immediately.

SPECIAL OCCASIONS

Goat's Cheese Souffle

Make sure everyone is seated before the souffle comes out of the oven because it will begin to deflate almost immediately. The recipe works equally well with strong blue cheeses such as Roquefort.

Ingredients:
Serves 4-6
40 g/ 1 1/2 oz/3 tbsp butter
25 g/l oz/1/4 cup plain flour
175 ml/6 fl oz/3/4 cup milk
1 bay leaf
freshly grated nutmeg
grated Parmesan cheese, for sprinkling
40 g/l 1/2 oz herb and garlic soft cheese
150 g/5 oz firm goat's cheese, diced
6 egg whites, at room temperature
1.5 ml/l/4 tsp cream of tartar
salt and freshly ground black pepper

1-Melt 25 g/l oz/2 tbsp butter in a heavy saucepan over medium heat. Add the flour and cook until golden, stirring occasionally.

2-Pour in half the milk, stirring vigorously until smooth. Stir in the remaining milk and add the bay leaf. Season with a pinch of salt and plenty of pepper and nutmeg. Reduce the heat to medium low, cover and simmer gently for about 5 minutes, stirring occasionally.

3-Preheat the oven to 190oC/375oF/Gas 5. Generously butter a 1.5 litre/ 2 1/2 pint/6 1/4 cup souffle dish and sprinkle with Parmesan cheese.

4-Remove the sauce from the heat and discard the bay leaf Stir in both cheeses.

5-In a clean greasefree bowl, using an electric mixer or balloon whisk, beat the egg whites slowly until they become frothy. Add the cream of tartar, increase the speed and continue beating until they form soft peaks, then stiffer peaks that just flop over a little at the top.

6-Stir a spoonful of beaten egg whites into the cheese sauce to lighten it, then pour the cheese sauce over the remaining whites. Using a large metal spoon, gently fold the sauce into the whites until the mixtures are just combined.

7-Pour the souffle mixture into the prepared dish and bake for 25-30 minutes, until puffed and golden brown. Serve at once.

SPECIAL OCCASIONS

Celertac and Blue Cheese Roulade

Celeriac adds a delicate and subtle flavour to this attractive dish.

Ingredients:
Serves 6
15 g/l/2 oz/ 1 tbsp butter
225 g/8 oz cooked spinach, drained and chopped
150 ml/ l/4 pint/2/3 cup single cream
4 large eggs, separated
15 g/1/2 oz Parmesan cheese, grated
pinch of nutmeg
salt and freshly ground black pepper

For the filling:
225 g/8 oz celeriac
lemon juice
75 g/3 oz St Agur cheese
115 g/4 oz fromage frais

1-Preheat the oven to 200oC/400oF/Gas 6. Line a 33 x 23 cm/ 1 3 x 9 in Swiss roll tin with non-stick baking parchment.

2-Melt the butter in a saucepan and add the spinach. Cook until all the liquid has evaporated. Remove the pan from the heat. Stir in the cream, egg yolks, Parmesan and nutmeg. Season.

3-Whisk the egg whites until stiff, fold them gently into the spinach mixture and then spoon into the prepared tin. Spread the mixture evenly and use a palette knife to smooth the surface.

4-Bake for 10- 1 5 minutes, until the roulade is firm to the touch. Turn out on to a sheet of greaseproof paper and peel away the lining paper. Roll up the roulade with the greaseproof paper inside and leave to cool slightly.

5-To make the filling, peel the celeriac and grate it into bowl. Sprinkle with lemon juice taste. Blend the St Agur cheese and fromage frais together at mix with the celeriac and a little black pepper.

6-Unroll the roulade, spread with the filling and roll up again, this time without the paper. Serve at once or wrap loosely and chill.
SPECIAL OCCASIONS

Cauliflower and Mushroom Gougere

This puffy, golden-brown, cheese-flavoured case filled with lovely fresh vegetables is a wonderful dinner party dish.

Ingredients:
Serves 4-6
115 g/4 oz/8 tbsp butter
150 g/5 oz/ 1 1/4cups plain flour
4 eggs
115 g/4 oz Gruyere or Cheddar cheese, finely diced
5 ml/1 tsp Dijon mustard
salt and freshly ground black pepper

For the filling
1 small cauliflower
1 x 200 g/7 oz can tomatoes
15 ml/ 1 tbsp sunflower oil
15 g/l/2 oz/1 tbsp butter
1 onion, chopped
115 g/4 oz button mushrooms, halved if large
sprig of fresh thyme

1-Preheat the oven to 200oC/400oF/Gas 6. Butter a large ovenproof dish. Place 300 ml/ 1/2 pint/ 1 1/4 cups water and butter together in a large saucepan and heat until the butter has melted. Remove from the heat and add all the flour at once. Beat well with a wooden spoon for about 30 seconds, until smooth. Allow to cool slightly.

2-Beat in the eggs, one at a time, and continue beating until the mixture is thick and glossy. Stir in the cheese and mustard and season with salt and pepper. Spread the mixture around the sides of the ovenproof dish, leaving a hollow in the centre for the filling.

3-Cut the cauliflower into florets, discarding the woody, hard stalk.

4-To make the filling, puree the tomatoes in a blender or food processor and then pour into a measuring jug. Add enough water to make up to 300 ml/1/2 pint/ 1 1/4 cups of liquid.

5-Heat the oil and butter in a flameproof casserole. Fry the onion for 3-4 minutes. Add the mushrooms and cook for 2-3 minutes. Add the cauliflower and stir-fry for 1 minute. Add the tomato liquid and thyme. Season. Cook over low heat for 5 minutes.

6-Spoon into the hollow in the ovenproof dish. Bake for 40 minutes, until the pastry is risen.
SPECIAL OCCASIONS

Potato, Spinach and Pine Nut Gratin

Pine nuts add a satisfying crunch to this gratin of wafer-thin potato slices and spinach in a creamy cheese sauce. Serve with a simple lettuce and tomato salad.

Ingredients:
Serves 2
450 g/ 1 lb potatoes
1 garlic clove, crushed
3 spring onions, thinly sliced
150 ml/l/4pint/l/3cup single cream
250 ml/8 fl oz/1 cup milk
225 g/8 oz frozen chopped spinach, defrosted
115 g/4 oz Cheddar cheese, grated
40 g/ 1 1/2 oz/ scant 1/4cup pine nuts
salt and freshly ground black pepper
lettuce and tomato salad, to serve

1-Peel the potatoes and cut them carefully into wafer-thin slices. Spread them out in a large, heavy- bottomed, non-stick frying pan.

2-Sprinkle the crushed garlic and sliced spring onions evenly over the potatoes.

3-Pour the cream and milk over the potatoes. Place the pan over a gentle heat, cover and cook for 8 minutes, or until the potatoes are tender.

4-Using both hands, squeeze the spinach dry. Add the spinach to the potatoes, mixing lightly Cover the pan and cook for 2 minutes more.

5-Season with salt and pepper, then spoon the mixture into a shallow, flameproof casserole. Preheat the grill.

6-Sprinkle the grated cheese and pine nuts over the spinach mixture. Heat under the grill for 2-3 minutes until the topping begins to turn golden. Serve with a lettuce and tomato salad.

SPECIAL OCCASIONS

Autumn Glory

Glorious pumpkin shells summon up the delights of autumn and seem too good simply to throw away. Use one instead as a serving dish. Pumpkin and pasta make marvelous partners, especially as a main course served from the baked shell

Ingredients:
Serves 4
1.75kg/4-4 1/21b pumpkin
1 onion, sliced
2.5cm/ 1 in piece fresh root ginger
45ml/3 tbsp extra virgin olive oil
1 courgette, sliced
115g/4oz sliced mushrooms
4OOg/14oz can chopped tomatoes

75g/3oz pasta shells
450mi/l/4 pint/l 1/4 cups stock
60ml/4 tbsp fromage frais
30ml/2 tbsp chopped fresh basil
salt and ground black pepper

1-Preheat the oven to 180oC/ 350oF/Gas 4. Cut the top off the pumpkin with a large, sharp knife and scoop out and discard the pumpkin seeds.

2-Using a small sharp knife and a sturdy tablespoon, cut and scrape out as much flesh from the pumpkin shell as possible, then chop the flesh into rough chunks.

3-Bake the pumpkin with its lid on for 45 minutest hour until the inside begins to soften.

4-Meanwhile, make the filling. Gently fry the onion, ginger and pumpkin flesh in the olive oil for about IO minutes, stirring the mixture occasionally.

5-Add the sliced courgette and mushrooms and cook for a further 3 minutes, then stir in the tomatoes, pasta shells and stock. Season well, bring to the boil, then cover the pan and simmer gently for about 10 minutes.

6-Stir the fromage frais and basil 6into the pasta and spoon the mixture into the pumpkin. It may not be possible to fit all the filling into the pumpkin shell, so serve the rest separately if necessary.

SPECIAL OCCASIONS

Macaroni Souffle

This is generally a great favourite with children, and is rather like a light and fluffy macaroni cheese. Make sure you serve the souffle immediately after it is cooked or it will sink dramatically.

Ingredients:
Serves 3-4
75g/3oz short cut macaroni melted butter, to coat
25g/ 1 oz/3 tbsp dried breadcrumbs
50g/2oz/4 tbsp butter
5 ml/ 1 tsp ground paprika
40g/1 ½ oz/ 1/3 cup plain flour
300ml/l/2pint/ 1 1/4 cups milk
75g/3oz Cheddar or Gruyere cheese, grated
50g/ 2 oz Parmesan cheese, grated
3 eggs, separated
salt and ground black pepper

1-Cook the macaroni in plenty of boiling salted water according to the instructions on the packet. Drain well and set aside. Preheat the oven to 150oC/300oF/Gas 2.

2-Brush a 1.2 litre/2 pint/5 cup souffle dish with melted butter, then coat evenly with the bread-crumbs, shaking out any excess from the pan.

3-Put the butter, paprika, flour and milk into a saucepan and slowly bring to the boil, whisking constantly until the mixture is smooth and thick.

4-Simmer the sauce for 1 minute, then remove from the heat and stir in the cheeses until melted. Season well and mix with the cooked macaroni.

5-Beat in the egg yolks. Whisk the egg whites until they form soft peaks and spoon a quarter into the sauce mixture to lighten it slightly.

6-Using a large metal spoon, carefully fold in the rest of the egg whites and transfer to the prepared souffle dish.

7-Bake in the centre of the oven for about 40-45 minutes until the souffle is risen and golden brown. The middle should wobble very slightly and the souffle should be lightly creamy inside.

Holidays

Section: Holidays

Title: Valentine's Day - Heart Shaped Cookies

- 3 cups sugar
- 2 lbs. butter
- 6 eggs
- 6 T. baking powder
- 8 cups flour
- 1 1/2 tsp. vanilla
- 4 1/2 cups sugar
- 3 lbs. butter
- 9 eggs
- 9 tsp. baking powder
- 12 cups flour
- 2 tsp. vanilla

1. Cream the sugar, butter, eggs, and vanilla until creamy. Mix together the flour and baking powder.
2. Add the flour mixture a little at a time. Mix into a dough ball. Dough will roll out better when it is refrigerated for a few hours.
3. Preheat oven to 350. Roll out portions of the dough on a floured surface to about an 1/8-inch thickness.
4. Cut into heart shapes (or whatever other shapes you may desire).

5. Bake on an ungreased cookie sheet for about 10-15 minutes or until done.
6. You can decorate these cookies with candy sprinkles, tinted sugar, crushed candy canes or whatever else you desire.
7. To make glaze icing, mix together a box of confectioner's sugar, 1 tsp. vanilla, and enough lemon juice to make the glaze a smooth consistency.

Section: Holidays

Title: Christmas - Chocolate Christmas Crinkles

- 1/2 c Oil
- 4 oz Unsweetened chocolate, melted
- 2 c Sugar
- 4 Eggs
- 2 ts Vanilla
- 2 c All-purpose flour
- 2 ts Baking powder
- 1/2 ts Salt
- 1 c powdered sugar

1. Preheat oven to 350 degrees.
2. Mix oil, chocolate and granulated sugar. Blend in 1 egg at a time until well mixed. Add vanilla.
3. Stir flour, baking powder, and salt into oil mixture.
4. Chill in fridge for at least an hour.
5. Drop teaspoonfuls of dough into the cup containing powdererd sugar and roll to coat.
6. Shape into balls and place on a greased baking sheet.
7. Bake 10 to 12 minutes, or until a faint imprint remains when touched lightly in center.

Makes 6 dozen cookies

Section: Holidays

Title: Halloween - Jack-O-Lantern Cookies

- 9 oz Chocolate wafer cookies
- 1/2 c Peanut butter; smooth
- 24 oz Vanilla flavor almond bark
- Orange paste food coloring
- Black licorice candy

1. Spread a small amount of peanut butter on the flat side of the cookies; top with remaining cookies.
2. Cut licorice into triangles and squares to make faces.
3. Melt almond bark following package directions. Remove from heat and tint with food coloring.
5. Using tongs, dip each sandwich cookie in melted candy, coating completely. Gently shake each cookie to remove excess coating.
6. Place on wire rack with waxed paper underneath. PLace licorice pieces on the cookies for faces. Cool completely before removing from rack.

Section: Holidays

Title: Easter - Easter Egg Nests

- 1/4 c Sugar
- 1 Egg
- 1 ts Vanilla extract
- 3 dr yellow food color
- 1/4 c All-purpose flour
- 2 c Flaked coconut
- 36 Jelly beans

1. Preheat the oven to 350 F.
2. In a medium sized bowl, with an electric beater on medium speed, beat the sugar, egg vanilla, and food color until well blended. Beat in the flour until smooth, then fold in the coconut.
3. Drop by heaping teaspoonfuls 2 inches apart onto cookie sheets that have been coated with nonstick baking spray. With a floured thumb, press an indention into the center of each cookie mixture to create a "nest."
4. Bake for 10 to 12 minutes, or until the edges are golden.
5. Remove from the oven and gently push 2 candies into each nest, use jelly beans, m&m's, smarties, little chocolate easter eggs, whatever you can think of.
6. Let the easter egg nests cool slightly on the cookie sheets, then remove to wire racks to chill completely.

Store in cookies in airtight containers.

Breads and Pastries

Hazelnut and Apricot Crunch

INGREDIENTS
makes about 16
8 tbsp/l00g/4oz butter
1/3 cup/50g/2oz soft brown sugar
2 tbsp/30ml maple syrup
1/3 cups/l00g/4oz porridge (rolled) oats
1/3 cup/50g/2oz chopped hazelnuts
½ cup/50g/2oz dried apricots, chopped

METHOD
1-Pre-heat the oven to 350oF/180oC/Gas 4. Put the butter, sugar and syrup in a heavy pan and stir over a low heat until combined.

2-Stir in the remaining ingredients. Press into a Swiss roll pan lined with greaseproof paper. Bake for about 45 minutes, until golden. Cut into bars in the pan using an oiled knife. Cool in the tin.

BREADS AND PASTRIES

Amarett Biscuits

INGREDIENTS
makes about 20
2 egg whites
1/2cup/l00g/4oz fruit sugar
2/3 cup/l00g/4oz ground almonds
1 tsp/5ml kirsch (optional)
few drops vanilla essence
almond slivers for decorating

METHOD
1-Pre-heat the oven to 350oF/180oC/Gas 4. Whisk the egg whites until they form soft peaks. Gradually add the sugar, whisking continuously until the mixture is thick and lustrous. Stir in the ground almonds, kirsch and vanilla.

2-Line baking sheets with sheets of rice paper. Take a spoonful of mixture about the size of a plum and roll it into a ball in the palms of your hands. With a sticky mixture, you will find it easier if your hands are wet. Flatten the balls and arrange them on the baking trays with plenty of space for them to expand during cooking.

3-Decorate each biscuit with a sliver of almond and bake for 20-30 minutes. Allow to cool slightly, then carefully remove biscuits with their rice paper bases (which are edible) and cool them completely on a wire rack. Store in an airtight tin.

BREADS AND PASTRIES

ApricotTart

INGREDIENTS
serves 4-6
21/2 cups/600ml/l pt yoghurt
short crust pastry to line a pan approximately 19cm/751/2in
1 ½ cups/400g/14oz canned apricots
3/8 cup/90ml/3 ½ fl oz whipping cream
2 tbsp/30ml corn flour
¼ cup/50g/2oz castor sugar
1 tbsp/15ml lemon juice
2 tsp/l0mi vanilla extract
1 egg, separated
Danish Apple Pie

METHOD
1-Drain the yoghurt for 3 hours. Bake the pastry case for 10 minutes. Drain the fruit (save the juice for use in a fruit salad) and lay the apricot halves on the pastry. When the yoghurt has drained, mix it together with the whipped cream and remaining ingredients except the egg white, beating everything to a smooth mixture.

2-Whisk the egg white until it is stiff and fold it into the other mixture. Spoon it over the apricots and bake at 325'F/170'C/Gas 3 for 50 minutes.

VARIATION
Use curd cheese or quark (11/3 cups/225g/ 8oz) instead of the yoghurt if preferred.

BREADS AND PASTRIES

Danish Apple Pie

INGREDIENTS
Serves 4-6
Short crust pastry to line a pan approximately 19cm/71/2in
5 medium/700g/l1/2 lb cooking apples, peeled, cored and sliced
¼ cup/50ml/2oz water
¼ cup/50g/2oz sugar
1 tbsp//2oz butter
1 tsp/5ml ground cinnamon
1 cup/250ml/8fl oz soured cream
2 tbsp/30ml castor sugar

METHOD
1-Bake the pastry for 10 minutes at 350oF/ 180oC/Gas 4. Make a thick apple sauce using the apples, water, sugar, butter and half of the cinnamon. There shouldn't be any excess liquid when the apples are cooked, but if there is, cook for a few minutes more without a lid, stirring to prevent the apples sticking.

2-Let the apple sauce cool a little before turning into the pie shell. Spoon the soured cream on-er the apples. Mix the rest of the cinnamon with the sugar and sprinkle this over the soured cream. Bake at 400oF/ 200oC/Gas 6 for 30 minutes.

3-This is best served warm, rather than straight from the oven, but it is also good cold.

BREADS AND PASTRIES

French Apple Tart

INGREDIENTS
Serves 6
¾ cup/75g/3oz plain untreated flour
¾ cup/75g/3oz whole-wheat flour
1/3 cup/50g/2oz ground almonds

8 tbsp/l00g/4oz butter, softened
1 egg
¼ cup/50g/2oz fruit sugar
pinch salt

THE FILLING
6 cooking apples
10 tbsp/150g/5oz butter
2-3 tbsp/30-45mi fruit sugar
2 tsp/ml mixed spice

METHOD
1-Pre-heat the oven to 400oF/200oC/Gas 6. To make the pastry, sift the flours and almonds together onto a board and make a well in the middle. Put the remaining ingredients into the well and work in with your fingertips until you have a smooth dough. Knead for a few minutes, then leave for half an hour in the fridge.

2-Meanwhile, peel, core and slice the apples. Heat the butter in a pan and fry the apples gently until soft and golden.

3-Add the sugar and spice and cook, stirring, until the apple is coated with syrup.

4-Line a greased 8in/22cm loose-bottomed quiche pan with the pastry and fill with the apple. Bake for 25-30 minutes and serve with whipped cream.

BREADS AND PASTRIES
Chocolate Cake

INGREDIENTS
Serves 6
½ cup/l00g/4oz butter or soft margarine
¾ cup/175g/6oz, sugar
2 eggs, beaten
21/4 cups/225g/8oz flour
1 tsp/5ml baking powder
4 tbsp/50g/2oz cocoa
1 tsp/5ml bicarbonate of soda
1 cup/225ml/8fl oz yoghurt
1 tsp/5ml vanilla extract

METHOD
1-Beat the butter and sugar together until light. Add the eggs and continue beating. Sieve the flour, baking powder, cocoa and bicarbonate, and mix it into the butter mixture. Add the yoghurt and vanilla extract, mix in thoroughly.

2-Turn the mixture into a well greased cake pan, measuring approximately 8in/20cm. (Use two sandwich pans or a large ring mould if preferred.) Bake at 350oF/180oC/ Gas 4 for 25 minutes. Insert a knife to test and cook a little longer if necessary. Timing obviously depends on the type of pan used.

3-Cool and ice with Cream Cheese Frosting or serve sprinkled with icing sugar.

BREADS AND PASTRIES

Fruit Tartiets

INGREDIENTS

Serves 6-8
6-8 small pie shells, baked
2/3 cup/l00g/4oz cream cheese
½ tsp/2.5ml vanilla extract (optional)
1-2 tsp/5-10ml castor sugar
3-4 cups/450g/l lb fresh fruit (raspberries, grapes, strawberries, redcurrants etc)
apricot jam to glaze

METHOD
1-Mix the cream cheese with the vanilla and just enough sugar to make a mixture the consistency of thick cream. Spoon into the baked and cooled pie shells. Cover the cream cheese with fresh fruit (de-pip the grapes). Melt a little apricot jam in a saucepan and brush over the fruit to glaze it.

2-Use a selection of different fruits to make an attractive plate of pastries. You could also make one large pie and fill the pie shell with alternate rings of different fruits.

BREADS AND PASTRIES

Buttermilk Spice Cake

INGREDIENTS

Serves 6
21/4 cups/300g/l0oz flour
1 cup/225g/8oz sugar
1 ½ tsp/7.5ml bicarbonate of soda
1 tsp/5ml baking powder
pinch salt
1 tsp/5ml ground cinnamon
½ tsp/2.5ml ground cloves
½ cup/l00g/4oz butter, melted
11/2cups/350ml/12fl oz buttermilk
2 eggs

METHOD

1-Sift the dry ingredients together. Add the butter and buttermilk and beat the mixture until it is smooth. Pour the batter into a greased and floured cake pan measuring approximately 8in/20cm. Bake at 350oF/ 180oC/Gas 4 for 40 minutes.

BREADS AND PASTRIES

Pumpkin, Sunflower and Raisin Cake

INGREDIENTS

Serves 6-8
21/4 cups/350g/12oz pumpkin
21/4 cups/225g/8oz whole-wheat flour
pinch salt
2 tsp/l0ml baking powder
1 tsp/5ml bicarbonate of soda
1/3 cup/50g/2oz sunflower seeds, chopped
1/3 cup/50g/2oz raisins
2 eggs
2 tbsp/30ml honey
2 tbsp/30ml molasses
1 tbsp/15ml warm water

METHOD

1-Pre-heat the oven to 375oF/190oC/Gas 5. Peel the pumpkin, cut into smallish pieces andboiluntiltender.Drainandcutupfinely.

2-Combine flour, salt, baking powder, sunflower seeds and raisins and mix well.

3-In another bowl beat the eggs and stirs in the honey and molasses. Add 1 tbsp/15mi of warm water with the pumpkin and beat well.

4-Mix all the ingredients together thoroughly and pour into a greased and floured tin. Bake for 50-60 minutes until done. Allow to stand for 10 minutes in the tin, then cool on a wire rack.

BREADS AND PASTRIES

Pecan Pie

INGREDIENTS

Serves 4-6
11/2 cups/250g/8oz pastry
4 tbsp/50g/l oz butter, softened
2 tbsp/30ml honey
2 tbsp/30ml maple syrup
3 eggs 1 tsp/5ml vanilla essence
1 cup/l00g/4oz pecan halves
whipped cream

METHOD
1-Pre-heat the oven to 425oF/220oC/Gas 7 Line a 8/2in/22cm tin with the chosen pastry. Prick and bake blind for 10 minutes.

2-Meanwhile, make the filling. Beat the butter together with the honey and syrup until smooth. In another bowl, beat the eggs and vanilla essence thoroughly with a wire or rotary whisk. Pour in the syrup, beating constantly with a fork.

3-Scatter the nuts evenly over the pastry base and pour the custard over. Bake in the middle of the oven for 10 minutes. Reduce the heat to 325'F/160'C/Gas 3 and bake for a further 25-35 minutes until the filling is set, but not dry. Serve warm (but not hot) or cold with whipped cream.

BREADS AND PASTRIES

Yoghurt Cake

INGREDIENTS
Serves 4
5/8 cup/150ml/1/4 pt yoghurt
21/2 cups/250g/9oz flour
3 tsp/15ml baking powder
¼ cup/60ml/21/2 fl oz oil
¾ cup/175g/6oz sugar
1 tsp/5ml vanilla extract
2 eggs

METHOD
1-Mix everything together well. Beat until smooth. Turn the mixture into a well- greased cake pan measuring approximately 20cm/8in. Bake at 180'C/350'F/Gas 4 for 45 minutes. Insert a knife to test and cook a little longer if necessary.

2-This is a good basic recipe with many variations. To make an upside-down fruit cake sprinkle the bottom of the pan with brown sugar and lay sliced apples, pears or canned pineapple on the sugar, cover with the cake mixture and cook as directed.

Crepe and Pasta Dishes

Asparagus Pancakes

INGREDIENTS
Serves 2
1 small clove garlic, crushed
2 tbsp/15g/ ½ oz chopped fresh basil leaves
1 tbsp/25g/1 oz pine kernels
3 tbsp/45ml Parmesan cheese, grated
2 tbsp/30ml olive oil
salt and freshly ground black pepper
6 tbsp/40g/1 ½ oz plain wholewheat flour
2 tbsp/15g/ 1/2oz buckwheat flour
1 egg, lightly beaten
2/3 cup/150ml/ 1/4pt skimmed milk
200g/7oz frozen asparagus spears
3 tomatoes, skinned, seeded and chopped

1-Place the garlic, basil, pine kernels and 2 tbsp/30ml Parmesan cheese in a food processor or blender and purse. With the motor running gradually add the oil and blend to a smooth sauce. Season to taste.

2-Place the flours in a bowl, gradually add the egg and milk, beating well to form a smooth batter.

3-Heat a lightly oiled 18cm/7in heavy based frying pan. Pour in sufficient batter to thinly coat the base.

4-Cook for 1-2 minutes, loosen the edge, turn or toss and cook the second side. Transfer to a plate and keep hot. Repeat with the remaining batter to make 4 pancakes. Stack the pancakes with greaseproof paper between them and keep warm.

5-Place the asparagus in a saucepan, pour over just sufficient boiling water to cover and simmer for 6 minutes.

6-Divide the asparagus between the pancakes, top with sauce and fold up. Place in a shallow ovenproof dish, sprinkle with tomatoes and remaining cheese.

7-Place under a grill until browned.

CREPE AND PASTA DISHES

Pancakes

INGREDIENTS
Makes 5 cups/ 1.1 l/ 2 pints
2 ½ cups/600ml/1 pt milk
2 ¼ cups/225g/8oz flour

Pinch salt
2 eggs
butter or oil for frying

1-Mix the milk and flour together until smooth. Add the salt and eggs and beat in well.

2-Heat a little butter or oil in a heavy pan (preferably one used only for pancakes). Tip out excess butter

3-Pour in just enough batter to coat the bottom of the pan. Fry on one side only if the pancakes are to be filled.

CREPE AND PASTA DISHES

Mushroom Pancakes

INGREDIENTS
Serves 4
1 recipe pancakes
2 tbsp/25g/loz butter
1 large onion, finely chopped
4 cups/450g/l lb mushrooms, chopped
2 tbsp/2 5g/l oz canned red pimentos, finely chopped
2/3 cup/150ml/1/4 pt soured cream
salt and freshly ground black pepper
melted butter

METHOD
1-Make the pancakes and keep warm.

2-Melt the butter, and the onion and cook until it has softened but not browned. Add the mushrooms and cook until soft. Drain off excess liquid. Mix in the pimentos, soured cream, salt and pepper.

3-Put a spoonful of the mixture on to each pancake on the cooked side. Roll up the pancakes, tucking in the edges.

4-Place the rolled pancakes in a buttered oven dish, drizzle a little melted butter over the top. Warm through in the oven at 350'F/180'C/Gas 4 for 25 minutes.

5-Serve with more soured cream if desired.

CREPE AND PASTA DISHES

Stuffed Cheese Pancakes

INGREDIENTS
Serves 3-4

3/8 cup/40g/l ½ oz plain untreated flour
3/8 cup/40g/l½ oz wholewheat flour
pinch salt
1 egg
2/3 cup/150ml/5fl oz milk
1 tbsp/15mi melted butter

CHEESE AND HERB FILLING
2 cups/450g/l lb curd or cottage cheese
2 tbsp/30ml cream
1 fat clove garlic, crushed
2 tbsp/30ml finely chopped fresh herbs
1 tbsp/15ml chopped spring onion

1-To make the pancake batter, sift the flour and salt into a bowl. Make a well in the middle of it and add the egg. Gradually beat in the milk. When half of the milk has been added, beat in the melted butter. Continue beating in the milk until you have a thin batter. Allow the batter to stand for half an hour.

2-Meanwhile, prepare the filling. Combine the curd cheese with the rest of the ingredients and mix well.

3-To make the pancakes, oil a heavy- bottomed frying pan 7in/18cm in diameter. Place it on the flame and when it is very hot, add 2 tbsp/30rnl of the batter. Tilt the pan so that the batter covers the base. Cook until the pancake is beginning to brown on the underside and then turn over and cook the top. You may have to throw the first pancake away, as it will absorb the excess oil in the pan.

4-Continue making pancakes, keeping them warrn, until all the batter is used up. Divide the filling between them, rolling the pancakes around it into a cigar shape. Arrange the stuffed pancakes in an ovenproof dish and heat in a moderate oven for about 1 ½ minutes.

CREPE AND PASTA DISHES

Genoese Pasta with Pesto Sauce

INGREDIENTS
Serves 4-6
2 tbsp/25g/l oz fresh basil leaves
2 cloves garlic
pinch salt
½ cup/50g/2oz pine kernels
½ cup/50g/2oz Parmesan cheese
½ cup/100ml/4fl oz olive oil
1 lb/450g spaghetti or tagliatelle, cooked and drained

2 tbsp/25g/1 oz butter

1-Blend the basil leaves in a liquidizer. Add the crushed cloves of garlic and olive oil. Process for a few seconds.

2-Gradually add the pine kernels, Parmesan cheese, season remembering that Parmesan has a salty taste. The consistency should be thick and creamy.

3-Melt the butter in the saucepan and reheat the cooked pasta. Remove from the heat and mix 2 tbsp/25g/loz pesto with the pasta. Serve on individual plates with a spoonful of pesto on each helping. Parmesan can be added last.

NOTE
The pesto is never heated. It can be served at the table but make sure the pasta is hot.

CREPE AND PASTA DISHES

Fettucini Romana

INGREDIENTS
Serves 4
1 lb/450g fettucini
4 tbsp/50g/2oz butter
'/, tsp/2.5mi ground nutmeg
'/, cup/150ml/'/,pt cream
salt and freshly ground black pepper
1 cup/lOOg/4oz Parmesan cheese

METHOD
1-Bring a well filled saucepan of salted water to the boil, add a few drops of oil and salt. Feed in the fettucini and cook until al dente - fresh pasta will only take about 2 minutes. Drain in a colander.

2-Melt the butter in the saucepan, add ground nutmeg. Pour in half the cream and stir until shiny and bubbles start to appear.

3-Add the fettucini and stir around in the pan. Pour in the remaining cream and cheese alternately, forking the pasta as it is mixed. Serve immediately.

NOTE
This is a real pasta-lovers' dish. To obtain best results use freshly grated Parmesan cheese rather than the commercially grated variety.

CREPE AND PASTA DISHES

Tagliatelle with Sweet Pepper Sauce

INGREDIENTS
Serves 4
12oz/350g spinach tagliatelle noodles
2 tsp/l0 ml oil
½ tsp/2.5ml salt

THE SAUCE
1 small firm red pepper
1 small green pepper
1 small yellow pepper
1-2 tbsp/15-30ml olive oil
1 onion, chopped
2 cloves garlic, chopped
11/2 cups/400g/15oz can tomatoes
1 tbsp/15ml tomato purse
fresh basil leaves,
snipped salt and freshly ground black pepper

1-Trim and de-seed the peppers and cut into narrow strips. You can make the sauce with green peppers alone if you wish, but the red and yellow varieties are sweeter and make the dish look more colourful. Blanch the peppers for a minute in boiling salted water, refresh in cold water, then drain.

2-Heat the olive oil in a pan, add the garlic and onions and cook gently, stirring, until soft. Add the tomatoes, tomato purse and basil. Break up the tomatoes with a wooden spoon and simmer for about 5 minutes. Season to taste and blend the sauce in a blender. Return to the pan over a very low heat and add the peppers.

3-Cook the pasta in a large pan with plenty of water to which you have added a little oil and the salt. The water should be at a full rolling boil. The pasta will be ready in about 9 minutes. Drain and divide between individual warmed serving bowls.

4-Spoon the sauce over each helping of pasta and serve at once with Parmesan cheese.

CREPE AND PASTA DISHES

Vegetarian Spaghetti Putanesca

INGREDIENTS
Serves 4-6
1 onion, peeled and diced
2 tbsp/30ml oil

2 cloves garlic, crushed
1 carrot, scraped and chopped
1 1/2 cups/425g/15oz canned tomatoes
2 tomatoes, skinned and chopped
4 tbsp/60ml white wine
1 bay leaf
3-4 basil leaves or
1 tsp/15ml dried basil
salt and freshly ground pepper
1 tbsp/15ml capers, chopped
½ cup/50g/2oz stoned black olives
3 drops Tabasco sauce
1 tbsp/15ml freshly chopped parsley
450g/1 lb cooked spaghetti
grated Parmesan cheese to serve

1-Put the onion into the oil in a frying saucepan over a low heat. Allow to cook gently for 4 minutes, add the crushed garlic and carrots. Turn in the oil twice more.

2-Add the tomatoes, the white wine, bay leaf, basil and some seasoning. Bring to the boil and simmer for 30 minutes. Sieve or liquidize and return the sauce to the saucepan.

3-Add the chopped capers, chopped olives and the spicy Tabasco sauce. Re-heat and serve over the pasta, with Parmesan cheese.

CREPE AND PASTA DISHES

Spaghetti with Mascarpone

INGREDIENTS
Serves 4
12oz/350g wholewheat spaghetti
a little oil
l00g/4oz Mascarpone or cream cheese
2 egg yolks
salt and freshly ground black pepper
grated Parmesan cheese to serve

1-Cook the pasta in boiling salted water to which you have added a few drops of oil, until *al dente*.

2-While you are draining the spaghetti, stir the egg yolks and Mascarpone together in a large pan over a low heat.

3-When the sauce begins to set, toss in the spaghetti. Serve at once with plenty of black pepper and Parmesan. This dish should be accompanied by a crunchy salad.

CREPE AND PASTA DISHES

Pasta with Mushroom Sauce

INGREDIENTS
Serves 1-2
2-4 handfuls green pasta spirals
1 tsp/15ml oil
1 cup/50g/2oz mushrooms
milk
Salt and freshly ground black pepper
yolk of 1 egg
1 tbsp/15ml cream
as much parsley as you like, chopped
Parmesan cheese, grated

1-Cook the pasta in plenty of boiling salted water with 1 tsp/5ml oil, until *al dente*.

2-Meanwhile, wipe and slice the mushrooms. Place in a pan with a little milk, season well and poach gently, stirring, until soft and very black and the liquid has almost gone.

3-Beat the egg yolk with the cream and stir in the mushrooms.

4-Drain the pasta and stir in the mushroom mixture with plenty of parsley. Serve at once with Parmesan and a tender lettuce salad.

CREPE AND PASTA DISHES

Vegetarian Bolonese Sauce

INGREDIENTS
Serves 4-6
1 ¼ cups/225g/8oz brown lentils
salt and freshly ground black pepper
1 bay leaf
1-2 tbsp/15-30ml olive oil
2 cloves garlic, chopped
1 onion, chopped
1 carrot, chopped
1 stick celery, chopped
1 ½ cups/400g/15oz can tomatoes, mashed
1 tbsp/15ml tomato purse
½ tsp/2.5ml dried mixed herbs
2 tbsp/30ml red wine
350g/12oz whole wheat or spinach pasta

1-Soak the lentils overnight and simmer in salted water with a bay leaf until they can be mashed with a fork. Drain and discard the bay leaf.

2-Heat the oil in a pan and fry the onions and garlic until translucent. Add the carrot and celery and cook for a further 2 minutes.

3-Add the tomatoes and a little juice. Add the remaining ingredients and the lentils. Simmer until the sauce is quite thick. Blend or part-blend in a blender.

4-Serve the sauce in healthy spoonfuls over the warmed cooked pasta.

CREPE AND PASTA DISHES

HOT PASTA SALAD

INGREDIENTS
Serves 4
2 cloves garlic
3 tbsp/45ml olive oil
handful fresh basil leaves
1 tbsp/15ml grated Parmesan cheese

THE SALAD
4oz/100g Mozzarella cheese
1 lb/450g Mediterranean tomatoes
1 cup/75g/3oz black olives
salt and freshly ground black pepper

THE PASTA
12oz/350g spinach pasta twists
1 tsp/5ml olive oil

1-Chop the garlic and put it in a mortar. Pour in a little of the olive oil and pound it to a pulp. Gradually add the basil leaves and cheese with the rest of the oil, pounding all the time. You should have a thick paste.

2-Dice the Mozzarella. Peel the tomatoes by immersing them in boiling water until their skins burst. Chop them roughly. Mix the cheese, tomatoes and olives together and season.

3-Cook the pasta in boiling salted water, to which you have added a little olive oil, until *al dente*. Drain. Toss the pasta in the dressing. Pile it into four warmed serving bowls and top with the salad.

CREPE AND PASTA DISHES

Spaghetti with Fresh Tomato and Basil Sauce

INGREDIENTS

Serves 4
2 tsp/l0ml olive oil
1 onion, chopped
4 stalks celery, chopped
1 green chilli, seeded and finely chopped
2 cloves garlic, crushed
2 ½ cups/700g/l ½ lb skinned and roughly chopped tomatoes
3 tbsp/45ml tomato purse
1 tbsp/15ml basil leaves, chopped
1 tbsp/15ml marjoram, chopped
12oz/350g whole wheat spaghetti or
60z/175g whole wheat spaghetti and
6oz/175g spaghetti Verdi
2/3 cup/50g/2oz black olives, stoned
3 tbsp/25g/l oz Parmesan cheese, grated
3 tbsp/25g/l oz pine kernels basil sprigs

1-Heat the oil in a saucepan, add the onion, celery, chilli and garlic and fry until soft. Add the tomatoes and tomato purse, 4 tbsp/60ml water, half the basil and marjoram. Bring to the boil and simmer for 10 minutes.

2-Place the whole wheat spaghetti in a large saucepan of boiling lightly salted water and cook for 12 minutes, or until just tender. Add the spaghetti verdi, if using, 2 minutes after the whole wheat spaghetti.

3-Drain the pasta and divide between 4 individual warmed plates. Stir the olives and remaining basil into the sauce and place on top of the spaghetti.

4-Sprinkle with cheese and nuts, garnish with basil sprigs and serve.

Cakes and Puds

Fruit Strudel
Ingredients.
1 block of frozen puff pastry (about 500g), defrosted
100g/4oz/half a cup of sugar
a little soya milk for sealing and glazing
2 cups of fruit - red and black currants are great in the summer, apples go well in autumn
Preheat oven to 180C/360F. Roll the pastry into one wide rectangle and place the fruit and sugar in a line in the middle. Lift up the edges and crimp together using the soya milk. Seal up the ends

and glaze the top with soya milk. You can also sprinkle a couple of teaspoons of sugar over the top. Bake in the oven for 25-35 minutes or until the pastry is cooked. Great served with soya cream or Swedich Glace ice cream.

Vanilla Sponge with chocolate chips and pecans

I used a 8" square tin for this cake but any shape you like would be fine.
Ingredients.
300g/12oz/2 cups of self raising flour
1 teaspoon of bicarbonate of soda
100g/4oz/half a cup of sugar
1 cup/8 fl.oz/200ml of sunflower oil
1 cup of soya milk (or possibly a little more to get a good mixture)
2 teaspoons of natural vanilla extract
50g./2 oz./quarter cup chocolate chips (or more if you like!)
50g/2 oz/half a cup of pecan halves
Oil your cake tin and preheat oven to 180C/360F. Mix together your dry ingredients of flour, sugar and bicarbonate. Make a well in the middle and pour in the oil, soya milk and vanilla - mix well. Pour into cake tin and then sprinkle on the chocolate chips and arrange the pecans on top. Bake for about half an hour or until cooked in middle (insert a knife or skewer into the centre of cake and if cooked it will come out clean)

Pear and Apple Upside Down Cake

These quantities make a very large cake - we used a 10" deep round tin. Great for keeping in the fridge and having as a pudding with custard or soya cream.
Ingredients.
a large tin of pear halves in syrup (around 800g including syrup)
500g/16oz/2 and a half cups of self raising flour
1 teaspoon of bicarbonate of soda
200g/7oz/1 cup of sugar
1 cup/8 fl.oz/200ml of sunflower oil
2 and a half cups/20 fl.oz/500ml of apple juice
1 teaspoon of natural vanilla extract
a tablespoon of brown sugar for sprinkling
Oil your cake tin and preheat oven to 180C/360F. Arrange the pears, cut side down on the base of tin (in a star pattern was very pretty). Combine the dry ingredients (excluding the brown sugar) in a bowl then add the wet ingredients (including the syrup from the pears) and mix well. Pour over the pears and bake in the oven for about 45 minutes or until nearly cooked through. Remove from tin by placing an oven-proof plate over the tin and turning upside down so you have the pears on top. Sprinkle with the brown sugar and return to the oven for a further 10 minutes.

Apricot Flapjacks

Ingredients.

2 cups of oat flakes
2 tablespoons of golden syrup
1 tablesoon of vegan margarine
1 tablespoon of light brown sugar
about 10 dried apricots chopped up quite small
Melt the syrup, sugar and margarine together in a pan over a gentle heat. When thouroughly melted mix in the oats and apricots and press the mixture into an oiled cake tin. I find a 8 inch square tin does well. Bake in the oven for 10-20 minutes at 190C/380F or until just beginning to brown. Cut lines into the 'cake' while still warm. Cool and break into bars.

Little Sticky Lemon Cakes
Ingredients.
6oz/200g./1 and a half cups of self raising flour
4oz./125g./half cup caster sugar
1 teaspoon raising agent
the juice and rind of 1 lemon
half a cup of sunflower oil
1 cup of soya milk (water or rice milk can be used instead)
dash of vinegar
half a cup of white icing sugar and a little boiled water, still hot
paper cake cases (will make 12-20 depending on the size of case)
Mix the flour, sugar and raising agent together then add the oil, lemon juice, rind and soya milk and mix well. Add the vinegar and stir. Divide the mixture between the cake cases (a couple of dessert spoons of mixture in each one) and bake for 15-20 minutes at 200C/400F. To make the icing: sift the icing sugar and add a small amount of very hot water and stir well. Start with a teaspoon full and keep adding and stirring until you get a gooey, spreadable icing. Once the cakes have cooled spread a little icing on each one and leave to set.

Tofu Cheesecake.
This pudding is high in calcium and protein and depending on the variety you choose could also be a good source of vitamin C and potassium.

Ingredients.
200g/7oz/1 and 3 quarters cup of vegan digestive biscuits (graham crackers in the US) or bourbons for the chocolate variety
150g./5 oz/half a cup vegan margarine
1 block of tofu - about 400g/12 oz/1 and a quarter cups (silken is best for this recipe but other forms will do)
1 banana
1cup of orange juice
4 Tbspoons of sugar
4 Tbspoons of sunflower oil
For chocolate variety:2 Tbspoons of cocoa
For fruit variety: some fruit stewed with a little sugar

Crush the digestive biscuits and melt the margarine and then mix these two ingredients together. Press this mixture into a large flat dish. Combine the tofu, banana, orange juice, sugar, oil, and cocoa (for chocolate only) in a blender until smooth and pour onto the base. Bake in oven at 180 degrees for about half an hour. For the fruit variety, allow the cake to cool slightly then pour the stewed fruit with sugar over the top and chill. This can be topped with all raw fruit instead (kiwi, tangerine slices etc).

Wheat-free Apple Layer Cake
A low-fat, moist cake using soya and rice flours. Nice served as a pudding with soya yoghurt.

Ingredients.
6oz/200g./1 and a half cups of rice flour
2oz./50g/scant cup soya flour
4oz./125g./half cup caster sugar
1 teaspoon wheat free raising agent
2 large eating apples (peeled, cored and thinly sliced)
1 cup water
1/4 cup of apple juice
2 tablespoons of sunflower oil
a few drops of vanilla extract (optional)
dash of vinegar
brown granulated sugar for sprinkling on top

Mix the dry ingredients together then add the water, juice, oil, vanilla and mix well. Add the vinegar and stir. Pour half the cake batter into a greased square cake tin (9x9 inches or 20x20 cm approx. works well). Spread the apple slices evenly over the batter and then top with the remaining mixture and sprinkle with the brown sugar. Bake in an oven pre-heated to 180c/360F for about 40 minutes or until firm.

Chocolate-Banana pudding
This is a 'stodgy, cakey pud' - nice served with vegan ice cream, soy cream or custard. Good for using up overly ripened bananas.

Ingredients.
4oz/125g./scant half cup vegan margarine
4oz./125g./half cup sugar
4oz/125g./three quarters of a cup self-raising flour
1 tablespoon of cocoa
2 ripe bananas
1 cup soya milk

Mash the marg., sugar, bananas, cocoa and flour together in an oven proof bowl, and then use the soya milk to mix everything together well. You may need to add a little more soya milk to get a good cake-mix type consistency. Bake (yes - in the bowl) at 200C/400F for about 20 minutes until cooked.

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Jam Roly Poly Pudding
Adrian warns 'Go easy with the roly poly - it has about 10 billion calories!'

Ingredients.
8oz/250g./generous 1 and a half cups of self raising flour
4oz./100g/scant half cup of vegetable suet
half to a third of a jar of jam (usually raspberry or strawberry) (jam translates as jelly for the USA)

Preheat oven to GM 6 / 400 °F / 200 °C.
Mix flour and suet in a bowl. Add a little water to form a dough (not too much so it isn't sticky). Roll out to a square shape and spread with jam. Roll up into a sausage shape and sprinkle sugar on the top. Bake at top of oven for around 30-40 minutes until pastry is crisp and light brown. Serve with custard (Several brands of custard powder are vegan and can be made with soya milk.

Banana Muffins

Ingredients:
200g./7 oz/1 and a half cups of white flour
50g./2oz/third of a cup of caster sugar
1 and a half tea spoons of baking powder
3 fl oz/100ml of orange juice
3 fl.oz/100ml of sunflower oil
2 mashed bananas (over ripe is best)
some soya milk as required
vanilla essence
dash of vinegar

Combine the dry ingredients in a bowl. Mix the wet ingredients - but not the vinegar - in a jug or bowl. Mix the two together and then stir in enough soya milk to make a smooth mixture and add the bananas, Finally add the dash of vinegar to get that lovely chemical reaction and mix well. This should make enough to fill 12 cake cases. It's a good idea to put them in a muffin or patty tin to help them keep their shape but not totally essential. Bake for 10 - 15 minutes at 190 degrees and then cool.
A healthier version is to use wholemeal flour and unrefined dark sugar. This is equally delicious, but they don't rise as much and don't impress non-vegan visitors quite as well!!

Wheat/sugar free banana and date cake
Ingredients:
8oz/250g/one and a half cups of wheat free flour (we used Doves Farm organic and gluten free flour which is a mix of rice, maize, buckwheat and potato flours)

2 tsp baking powder
7 or 8 large dates, soaked
half a cup of water
2 very ripe bananas, mashed
1 cup of rice milk
half a cup of sunflower oil
1 tablespoon of vinegar
Mix the flour and baking powder. Liquidise the soaked dates in the half cup of water until fairly thick and smooth. Add the date mixture to the flour along with the rice milk, oil and bananas. Mix well - you may need to add a little more water or rice milk as wheat free flours do vary greatly and tend to absorb more liquid than wheat. Add the vinegar at the last minute and then pour into 9"/18cm cake tin and bake at 190C/380F for about 40 minutes or until cooked through.

Catriona's Ginger and Macadamia fingers
Ingredients:
4oz/120g./scant half cup vegan margarine
2oz/55g./generous quarter cup caster sugar
5oz/150g./1 cup self-raising flour
1 teaspoon of ground ginger
for the topping:
4oz/120g./half a cup icing sugar
3oz/90g./third of a cup vegan margarine
2 tablespoons of golden syrup
5oz/150g./quarter of a cup macadamia nuts, toasted and chopped
2oz/50g./eighth of a cup finely chopped glace or stem ginger

Heat oven to 180C. Grease a 20x 30 cm tin and line base and sides. Allow an extra 2cm above each edge. Beat margarine and sugar until light and fluffy. Add sifted flour and ground ginger. Mix until combined. Spread on tin and bake for 15 minutes until lightly browned. Cool in pan. For topping: Combine sifted icing sugar, margarine and syrup in a saucepan and melt. Stir in the chopped nuts and ginger. Pour on top of the pre-cooked base and bake for a further 10 minutes. Cool in tin before cutting.

Catriona's Caramel Slices
Ingredients:
7oz/200g./1 cup vegan margarine
4oz/100g./half a cup of sugar
7oz/200g./1 and a half cups self-raising flour
1 and a half teaspoons of ground cinnamon
for the topping:
16oz/450g./2 cups icing sugar
3oz/75g./third of a cup vegan margarine
1 tablespoons of cinnamon
4 tablespoons of golden syrup

Heat oven to 180C. Grease a 20x 30 cm tin and line base and sides. Allow an extra 2cm above each edge. Beat margarine and sugar until light and fluffy. Add sifted flour and ground cinnamon. Mix until combined. Spread on tin and bake for 15 minutes until lightly browned. Cool in pan.
For Topping Combine sifted icing sugar, margarine and syrup in a saucepan and melt. Stir in the cinnamon. Pour on top of the pre-cooked base. Cool in tin before cutting into slices.

Sandra's Versatile Fruit loaf
This can be eaten just as it is, or sliced and spread with vegan margarine, or marg and jam, and if you get fed up of it then use it as a pudding with custard or vegan cream poured over (that is why it is called "versatile" because it is).

Ingredients.
12oz/350g/2 and a half cups self raising flour (or 12 oz plain with 3tsp baking powder added.)
12 oz/350g./2 and a half cups mixed dried fruit
1/2 pint/1 cup/250 ml. tea
4 oz/100g./1 cup sugar (white is ok, brown better and muscavado is the biz)
2 tablespoons soya flour mixed with enough water to make a "single cream" type consistency (sorry about using the C for cream word, but don't know how to describe it otherwise).

Soak the sugar and fruit in the tea for a minimum of 2 hours, but the longer the better and overnight is ok.
Put oven on at between reg.2 and 3/150C/300F.
Grease a loaf tin with vegan margarine.
Add the flour and soya mix, till all incorporated, then put in the tin and bake for about 2 hours. I test to see if it is cooked by putting a skewer or thin blade knife in, and if it comes out clean the cake is done. Turn out on rack to cool.

Carol's Banana Shake
Ingredients.
1 ripe banana
1 pint/2 and a half cups soya milk
2 tablespoons natural soya yoghurt
2 tablespoons vegan vanilla ice cream

Whiz together and serve over ice. Very nice!

Banana Ice Lollies
Ingredients.
2 or 3 bananas
lolly sticks (you can substitute cocktail sticks for older children)
optional coverings:
melted chocolate or maple syrup

dried coconut
sesame seeds
chopped nuts
vermicelli (hundreds and thousands - some brands are vegan)

Cut the bananas into bite size chunks and push the lolly sticks into them. Place in the freezer on a covered freezer proof dish for a couple of hours or until frozen. They are delicious just like that but if you prefer a bit of decadence: dip each lolly in chocolate or syrup (be quick - it sets quite fast!) and then into dry ingredients of your choice (chopped nuts are our favourite). Perfect for all those wonderful long summer days that are coming (positive thinking)

Chocolate Pudding

- 2 c nonfat milk
- 3/4 c black chocolate sauce
- 1/8 ts salt
- 3 tb sugar
- 1/4 c nonfat milk
- 3 tb plus 2 t cornstarch
- 1 ts vanilla

1. In top of double boiler over boiling water, combine milk, chocolate sauce (separate recipe), salt and sugar.
2. Bring just to a boil. Reduce heat to medium. Combine 1/4 c milk and cornstarch, stirring till smooth.
3. With wire whisk stirring constantly, add cornstarch mixture to chocolate mixture; it will thicken very quickly.
4. Reduce heat to low, cover and cook another 10 minutes.
5. Remove from heat, add vanilla and chill.

Lite 'n Easy Crustless Pumpkin Pie

- 2 pk Unflavored gelatin
- 2 tb Cold water
- 2 1/4 c Lowfat evaporated milk; UNDILUTED & divided
- 16 oz Can solid pack pumpkin
- 6 tb Dark brown sugar; packed OR low-cal sweetener equivalent
- 1 ts Pumpkin pie spice
- 1 ts Vanilla extract

1. In medium bowl, sprinkle gelatin over cold water to soften; set aside.
2. In small saucepan, heat 1 cup of the evaporated milk to just boiling.
3. Slowly stir hot milk into gelatin; stir until gelatin is dissolved.
4. Mix in remaining evaporated milk, the pumpkin, brown sugar, pumpkin pie spice, and vanilla; set aside.
5. Spray 10-inch glass pie plate with non-stick vegetable coating. Pourmixture into pie plate; chill until firm.

Chocolate Grand Mariner Souffle`

- 1 cup Chocolate or carob chips
- 1 pound Firm tofu (water packed)
- 1/2 cup Cocoa or carob powder
- 3/4 cup Honey
- 3 tablespoons Grand marnier
- 1 teaspoon Vanilla
- 1/2 cup Soy milk
- 1/2 cup Unbleached white flour
- 1 teaspoon Baking powder

1. Preheat oven to 350F. Place chocolate chips or carob in a bowl & place it in hot water to melt stirring with a spoon.
2. Place remaining ingredients in a food processor & blend till smooth & creamy.
3. Add melted chocolate & puree a few moments. Pour into a very lightly oiled 1-quart souffle dish.
4. Bake for 40 to 45 minutes, or until the souffle has completely puffed up.

Cool for 5 minutes.

Carob Brownies

- 2 cups Whole-wheat pastry flour
- 1/3 cup Carob powder
- 2 teaspoons Baking powder
- 1/3 cup Honey
- 1/2 cup Unsweetened applesauce
- 1 cup Water
- 1 teaspoon Vanilla -- 1/2 tsp if Watkins
- 1/4 cup Chopped nuts (optional)

1. In a large mixing bowl, combine flour, carob powder and baking powder.
2. In a separate bowl, thoroughly mix remaining ingredients, except nuts.
3. Add dry ingredients to wet ingredients and mix well. Stir in nuts if desired.
4. Pour batter into a nonstick or lightly oiled 8-inch square baking dish.

Bake at 350 for 35 minutes. Makes 16 brownies.

Black Forest Cake

CAKE

- 1 cup Water
- 1 cup Honey 1/2 cup Applesauce
- 1 teaspoon Vanilla
- 1 teaspoon Vinegar
- 2 cups Wholewheat pastry flour or -- - unbleached white flour
- 3/4 cup Cocoa powder

- 1 tablespoon Baking powder
- 1 teaspoon Baking soda

SYRUP

- 1/2 cup Water
- 1/4 cup Honey
- 2 each Thin lemon or orange slices
- 1/3 cup Kirsch

ICING

- 3/4 cup Raw cashews
- 3/4 cup Water
- 2 teaspoons Vanilla
- 1/2 cup Honey
- 10 ounces Firm tofu
- 3 ounces Semi-sweet chocolate -- melted
- 16 ounces Jar pitted cherries -- drained

CAKE: Preheat oven to 350F. Combine liquid ingredients in a large bowl & whisk well. Sift dry ingredients together & whisk into liquid mixture. Pour into greased & floured 9" cake tin & bake for 35 minutes or until springy. Cool cake completely & remove from pan. With a serrated knife, cut cake horizontally to make 3 thin layers.

SYRUP: Combine first 3 ingredients in a small pot & boil for 3 minutes. Let cool & then add kirsch.

ICING: In a blender, combine cashews, water & vanilla. Blend till smooth & creamy. Add honey & tofu & blend again. Set aside 2 c for the vanilla icing to go on top & sides of cake. To the rest of the mixture, add melted chocolate & 3 tb of syrup. Blend till smooth. Chill both icings before using.

TO ASSEMBLE: Carefully remove the top two layers of cake. Brush some syrup onto bottom layer & spread half of chocolate icing over it. Place the middle cake layer on top & brush with syrup & icing. Put down a layer of cherries & dot with a little vanilla icing to help the top layer stick. Place the top layer on the cherries & brush again with syrup. Frost top & sides with vanilla icing. Decorate with cherries & pipe rosettes if desired.Chill several hours before serving. The cake can be kept covered if not being served till the following day. However, the frosting may discolour after about 3 days.

Cranberry Upside-Down Muffins

- 2 cups Rolled oats
- 2 cups Light soy milk
- 2 cups Unbleached all-purpose flour
- 1/2 teaspoon Sea salt
- 2 teaspoons Cinnamon
- 1/2 teaspoon Nutmeg
- 1 teaspoon Cream of tartar
- 2 teaspoons Baking soda
- 1 cup Brown sugar
- 2 tablespoons Egg replacer -- -OR-
- 2 -Eggs -- beaten* (see note)

- 1/2 cup Water
- 1/2 cup Natural applesauce
- 3/4 cup Jellied cranberry sauce

1. Preheat oven to 400 F. Grease muffin tins.
2. Combine oats and soy milk in a large bowl. Set aside.
3. Sift together flour, salt, cinnamon, nutmeg, cream of tartar and baking soda. Stir in brown sugar.
4. Whisk egg replacer and water until light and foamy.
5. Combine egg replacer, applesauce and oat mixture. Mix well. Add dry ingredients and mix just until blended. Do not overmix.
6. Place 2 teaspoons of cranberry sauce in bottom of each muffin cup. Fill muffin cups 2/3 full with batter.
7. Bake until a toothpick inserted into middle of muffin comes out clean, about 15 minutes.

Remove from oven, cool for 2 minutes and invert muffins onto wire racks to finish cooling. Serve warm or at room temperature.

Desserts and Puddings

Blackcurrant Froth

INGREDIENTS
2/3 cup/150ml/1/4 pt yoghurt
2 eggs, separated
1 tbsp/15ml creme de cassis (or blackcurrant syrup)
¼ cup/50g/2oz castor sugar
2 cups/225g/8oz blackcurrants

METHOD
1-Stir the yoghurt and egg yolks together with the cr@me de cassis and sugar until the sugar is dissolved.
2-Just before serving, whisk the egg whites until stiff and fold them into the yolk mixture. Fold the blackcurrants in gently. Spoon into individual dishes.

3-Serve with sponge fingers or cookies.

VARIATION
Change the flavours by using a different liqueur: orange liqueur with a little grated orange rind; chocolate liqueur with some grated chocolate. If you want to prepare this some time before serving it, refrigerate the yolk mixture and add the whites and currants at the last minute.

DESSERTS AND PUDDINGS
Orange Chiffon

INGREDIENTS
serves 4-6
1 tbsp/15ml agar-agar
½ cup/100ml/4fl oz orange juice
5 tbsp/75ml castor sugar
2 eggs, separated
1 cup/250ml/8fl oz butter milk
grated orange peel

METHOD
1-Soak the agar-agar in orange juice. Heat this gently until the agar-agar is dissolved. Remove the pan from the heat. Beat 3 tbsp/ 45n@ sugar with the yolks until light and fluffy. Add this to the agar-agar mixture and stir it over a very low heat until it begins to thicken. Pour the thickened mixture into a bowl and add the buttermilk and orange peel. Mix together and chill until it is beginning to set.

2-Beat the egg whites until they are stiff. Fold in the remaining sugar Combi- the egg whites and the agar-agar mixture, stirring gently.

3-Turn the chiffon into a serving dish (or use individual glasses) and refrigerate until required.

VARIATION
If you prefer you can make a pie by turning this mixture into a baked pie crust and refrigerating it in the crust. Decorate the chiffon with slivers of candied fruit or chocolate.

DESSERTS AND PUDDINGS
OrangeCream

INGREDIENTS
Serves 4
2 eggs, separated
2 tbsp/30ml castor sugar
juice and grated rind of 1 orange
11/3 cups/225g/8oz cream cheese
2 tbsp/30ml orange-flavoured liqueur

METHOD
1-Beat the yolks with the sugar until they are thick and creamy. Add the orange juice and rind and mix it in well. Soften the cheese and add it to the egg mixture. Add the liqueur.

2-Beat the whites until they are stiff. Fold in a little of the beaten whites to the cheese mixture and then gently fold in the rest. Spoon into four glasses and serve

VARIATION
Use curd cheese or quark for a less rich version. Rbubarb Cream jelly

DESSERTS AND PUDDINGS

Rhubarb Cream Jelly

INGREDIENTS

serves 6
21/2 cups/600ml/1 pt yoghurt
4 cups/450g/l lb rhubarb
sugar to taste
1 tsp/5ml vanilla essence
½ tsp/2.5ml ground cinnamon or a small piece of cinnamon stick
1 cup/250ml/8fl oz whipping cream, whipped
2 tbsp/15g/l/2 oz agar-agar
2 tbsp/30ml boiling water

METHOD
1-Drain the yoghurt for about 3 hours.

2-Cook the rhubarb with the sugar, vanilla essence and cinnamon with just enough water to stop it from burning. You will need 1'/, cups/300ml/'/Ipt of cooked rhubarb. Mix the cooked rhubarb with the drained yoghurt and the whipped cream. Mix gently until everything is combined.

3-Dissolve the agar-agar in the boiling water, mixing well until smooth. Add to the rhubarb mixture, stirring the agar-agar in quickly.

4-Turn the mixture into a moistened small ring mould and chill until set. Serve with more whipped cream if desired.

VARIATION
Use 11/3 cups/225g/8oz quark, fromage blanc or curd cheese if preferred instead of the drained yoghurt.

DESSERTS AND PUDDINGS

Blackcurrant Froth

INGREDIENTS

2/3 cup/150ml/1/4 pt yoghurt
2 eggs, separated
1 tbsp/15ml creme de cassis (or blackcurrant syrup)
¼ cup/50g/2oz castor sugar
2 cups/225g/8oz blackcurrants

METHOD
1-Stir the yoghurt and egg yolks together with the cr@me de cassis and sugar until the sugar is dissolved.

2-Just before serving, whisk the egg whites until stiff and fold them into the yolk mixture. Fold the blackcurrants in gently. Spoon into individual dishes.

3-Serve with sponge fingers or cookies.

VARIATION
Change the flavours by using a different liqueur: orange liqueur with a little grated orange rind; chocolate liqueur with some grated chocolate. If you want to prepare this some time before serving it, refrigerate the yolk mixture and add the whites and currants at the last minute.

DESSERTS AND PUDDINGS
Orange Chiffon

INGREDIENTS
serves 4-6
1 tbsp/15ml agar-agar
½ cup/100ml/4fl oz orange juice
5 tbsp/75ml castor sugar
2 eggs, separated
1 cup/250ml/8fl oz butter milk
grated orange peel

METHOD
1-Soak the agar-agar in orange juice. Heat this gently until the agar-agar is dissolved. Remove the pan from the heat. Beat 3 tbsp/ 45n@ sugar with the yolks until light and fluffy. Add this to the agar-agar mixture and stir it over a very low heat until it begins to thicken. Pour the thickened mixture into a bowl and add the buttermilk and orange peel. Mix together and chill until it is beginning to set.

2-Beat the egg whites until they are stiff. Fold in the remaining sugar Combi- the egg whites and the agar-agar mixture, stirring gently.

3-Turn the chiffon into a serving dish (or use individual glasses) and refrigerate until required.

VARIATION
If you prefer you can make a pie by turning this mixture into a baked pie crust and refrigerating it in the crust. Decorate the chiffon with slivers of candied fruit or chocolate.

DESSERTS AND PUDDINGS
OrangeCream

INGREDIENTS
Serves 4
2 eggs, separated
2 tbsp/30ml castor sugar
juice and grated rind of 1 orange

11/3 cups/225g/8oz cream cheese
2 tbsp/30ml orange-flavoured liqueur

METHOD
1-Beat the yolks with the sugar until they are thick and creamy. Add the orange juice and rind and mix it in well. Soften the cheese and add it to the egg mixture. Add the liqueur.

2-Beat the whites until they are stiff. Fold in a little of the beaten whites to the cheese mixture and then gently fold in the rest. Spoon into four glasses and serve

VARIATION
Use curd cheese or quark for a less rich version. Rbubarb Cream jelly

DESSERTS AND PUDDINGS

Rhubarb Cream Jelly

INGREDIENTS
serves 6
21/2 cups/600ml/1 pt yoghurt
4 cups/450g/l lb rhubarb
sugar to taste
1 tsp/5ml vanilla essence
½ tsp/2.5ml ground cinnamon or a small piece of cinnamon stick
1 cup/250ml/8fl oz whipping cream, whipped
2 tbsp/15g/l/2 oz agar-agar
2 tbsp/30ml boiling water

METHOD
1-Drain the yoghurt for about 3 hours.

2-Cook the rhubarb with the sugar, vanilla essence and cinnamon with just enough water to stop it from burning. You will need 1'/, cups/300ml/'/Ipt of cooked rhubarb. Mix the cooked rhubarb with the drained yoghurt and the whipped cream. Mix gently until everything is combined.

3-Dissolve the agar-agar in the boiling water, mixing well until smooth. Add to the rhubarb mixture, stirring the agar-agar in quickly.

4-Turn the mixture into a moistened small ring mould and chill until set. Serve with more whipped cream if desired.

VARIATION
Use 11/3 cups/225g/8oz quark, fromage blanc or curd cheese if preferred instead of the drained yoghurt.

DESSERTS AND PUDDINGS

Noodle Pudding

INGREDIENTS
Serves 6
1 cup/ 175g/6oz cottage cheese
½ cup/75g/3oz cream cheese
2/3 cup/150ml/1/4 pt soured cream
3 eggs
½ cup/l00g/4oz sugar
31/2 cups/350g/12oz flat noodles, cooked and drained
½ cup/75g/3oz raisins or sultanas
4 tbsp/50g/2oz butter or marqarine, melted
1 tsp/5ml ground cinnamon
1 tsp/5ml sugar

METHOD
1-Mix the cottage and cream cheese with the soured cream. Beat the eggs and sugar together and add them to the cheese mixture. Fold in the cooked noodles and raisins.

2-Turn the mixture into a buttered ovenproof dish. Pour on the melted butter. Mix the cinnamon and sugar together and sprinkle it over the top of the noodle mixture. Bake at 350oF/180oC/Gas 4 for I hour. Serve hot.

VARIATION
This hearty Central European pudding has many variations. Add chopped apples or soaked dried apricots to the mixture before baking. Vary the cheese mixture to include more cottage cheese or use curd cheese instead of the cream cheese.

DESSERTS AND PUDDINGS

Brown Rice Pudding

INGREDIENTS
Serves 4
½ cup/lOOg/4oz brown rice
21/2 cups/600ml/l pt China tea
1 stick cinnamon
1/3 cup/50g/2oz sultanas
3/8 cup/50g/2oz dried apricots, chopped
¼ cup/50g/2oz almonds sliced
fresh fruit (optional)

METHOD
1-Wash the rice thoroughly under running water. Put it in a heavy pan with the tea and simmer gently for about an hour with the cinnamon.

2-Pre-heat the oven to 350oF/180oC/Gas 4. Remove the cinnamon and transfer the rice to an ovenproof dish. Stir in the remaining ingredients and bake for about 25 minutes until done. Serve hot or refrigerate and serve cold. Garnish with sliced fresh fruit, if liked.

DESSERTS AND PUDDINGS

Apple Pudding

INGREDIENTS
Serves 4-6
21/2 cups/600ml/1 pt yoghurt
2/3 cup/150ml/1/4 pt whipping cream
2 eggs
4 tbsp/75g/3oz castor sugar
grated lemon rind
1 large cooking apple, peeled and sliced
½ tsp/2.5ml ground cinnamon
2 tbsp/25g/1 oz sugar

METHOD
1-Drain the yoghurt for about 4 hours. Whip the cream and fold it into the drained yoghurt. Beat the eggs with the sugar and lemon rind and add to the yoghurt mixture.

2-Turn into a greased shallow oven dish. Lay the apple slices on top of the yoghurt mixture. Scatter cinnamon on top And then the sugar. Bake at 350oF/180oC/Gas 4 for 50 minutes. Serve warm.

Chocolate Pudding

- 2 c nonfat milk
- 3/4 c black chocolate sauce
- 1/8 ts salt
- 3 tb sugar
- 1/4 c nonfat milk
- 3 tb plus 2 t cornstarch
- 1 ts vanilla

1. In top of double boiler over boiling water, combine milk, chocolate sauce (separate recipe), salt and sugar.
2. Bring just to a boil. Reduce heat to medium. Combine 1/4 c milk and cornstarch, stirring till smooth.
3. With wire whisk stirring constantly, add cornstarch mixture to chocolate mixture; it will thicken very quickly.
4. Reduce heat to low, cover and cook another 10 minutes.
5. Remove from heat, add vanilla and chill.

Lite 'n Easy Crustless Pumpkin Pie

- 2 pk Unflavored gelatin
- 2 tb Cold water

- 2 1/4 c Lowfat evaporated milk; UNDILUTED & divided
- 16 oz Can solid pack pumpkin
- 6 tb Dark brown sugar; packed OR low-cal sweetener equivalent
- 1 ts Pumpkin pie spice
- 1 ts Vanilla extract

1. In medium bowl, sprinkle gelatin over cold water to soften; set aside.
2. In small saucepan, heat 1 cup of the evaporated milk to just boiling.
3. Slowly stir hot milk into gelatin; stir until gelatin is dissolved.
4. Mix in remaining evaporated milk, the pumpkin, brown sugar, pumpkin pie spice, and vanilla; set aside.
5. Spray 10-inch glass pie plate with non-stick vegetable coating. Pourmixture into pie plate; chill until firm.

Chocolate Grand Mariner Souffle`

- 1 cup Chocolate or carob chips
- 1 pound Firm tofu (water packed)
- 1/2 cup Cocoa or carob powder
- 3/4 cup Honey
- 3 tablespoons Grand marnier
- 1 teaspoon Vanilla
- 1/2 cup Soy milk
- 1/2 cup Unbleached white flour
- 1 teaspoon Baking powder

1. Preheat oven to 350F. Place chocolate chips or carob in a bowl & place it in hot water to melt stirring with a spoon.
2. Place remaining ingredients in a food processor & blend till smooth & creamy.
3. Add melted chocolate & puree a few moments. Pour into a very lightly oiled 1-quart souffle dish.
4. Bake for 40 to 45 minutes, or until the souffle has completely puffed up.

Cool for 5 minutes.

Carob Brownies

- 2 cups Whole-wheat pastry flour
- 1/3 cup Carob powder
- 2 teaspoons Baking powder
- 1/3 cup Honey
- 1/2 cup Unsweetened applesauce
- 1 cup Water
- 1 teaspoon Vanilla -- 1/2 tsp if Watkins
- 1/4 cup Chopped nuts (optional)

1. In a large mixing bowl, combine flour, carob powder and baking powder.
2. In a separate bowl, thoroughly mix remaining ingredients, except nuts.
3. Add dry ingredients to wet ingredients and mix well. Stir in nuts if desired.
4. Pour batter into a nonstick or lightly oiled 8-inch square baking dish.

Bake at 350 for 35 minutes. Makes 16 brownies.

Black Forest Cake

CAKE

- 1 cup Water
- 1 cup Honey 1/2 cup Applesauce
- 1 teaspoon Vanilla
- 1 teaspoon Vinegar
- 2 cups Wholewheat pastry flour or -- - unbleached white flour
- 3/4 cup Cocoa powder
- 1 tablespoon Baking powder
- 1 teaspoon Baking soda

SYRUP

- 1/2 cup Water
- 1/4 cup Honey
- 2 each Thin lemon or orange slices
- 1/3 cup Kirsch

ICING

- 3/4 cup Raw cashews
- 3/4 cup Water
- 2 teaspoons Vanilla
- 1/2 cup Honey
- 10 ounces Firm tofu
- 3 ounces Semi-sweet chocolate -- melted
- 16 ounces Jar pitted cherries -- drained

CAKE: Preheat oven to 350F. Combine liquid ingredients in a large bowl & whisk well. Sift dry ingredients together & whisk into liquid mixture. Pour into greased & floured 9" cake tin & bake for 35 minutes or until springy. Cool cake completely & remove from pan. With a serrated knife, cut cake horizontally to make 3 thin layers.

SYRUP: Combine first 3 ingredients in a small pot & boil for 3 minutes. Let cool & then add kirsch.

ICING: In a blender, combine cashews, water & vanilla. Blend till smooth & creamy. Add honey & tofu & blend again. Set aside 2 c for the vanilla icing to go on top & sides of cake. To the rest of the mixture, add melted chocolate & 3 tb of syrup. Blend till smooth. Chill both icings before using.

TO ASSEMBLE: Carefully remove the top two layers of cake. Brush some syrup onto bottom layer & spread half of chocolate icing over it. Place the middle cake layer on top & brush with syrup & icing. Put down a layer of cherries & dot with a little vanilla icing to help the top layer stick. Place the top layer on the cherries & brush again with syrup. Frost top & sides with vanilla icing. Decorate with cherries & pipe rosettes if desired.Chill several hours before serving. The cake can be kept covered if not being served till the following day. However, the frosting may discolour after about 3 days.

Cranberry Upside-Down Muffins

- 2 cups Rolled oats
- 2 cups Light soy milk
- 2 cups Unbleached all-purpose flour
- 1/2 teaspoon Sea salt
- 2 teaspoons Cinnamon
- 1/2 teaspoon Nutmeg
- 1 teaspoon Cream of tartar
- 2 teaspoons Baking soda
- 1 cup Brown sugar
- 2 tablespoons Egg replacer -- -OR-
- 2 -Eggs -- beaten* (see note)
- 1/2 cup Water
- 1/2 cup Natural applesauce
- 3/4 cup Jellied cranberry sauce

1. Preheat oven to 400 F. Grease muffin tins.
2. Combine oats and soy milk in a large bowl. Set aside.
3. Sift together flour, salt, cinnamon, nutmeg, cream of tartar and baking soda. Stir in brown sugar.
4. Whisk egg replacer and water until light and foamy.
5. Combine egg replacer, applesauce and oat mixture. Mix well. Add dry ingredients and mix just until blended. Do not overmix.
6. Place 2 teaspoons of cranberry sauce in bottom of each muffin cup. Fill muffin cups 2/3 full with batter.
7. Bake until a toothpick inserted into middle of muffin comes out clean, about 15 minutes.

Remove from oven, cool for 2 minutes and invert muffins onto wire racks to finish cooling. Serve warm or at room temperature.

Vegetable and Rice Side Dishes

Courgettes with Alttionds

INGREDIENTS
serves 4
6 large/700g/l'/,Ib courgettes, sliced lengthways
1 medium onion, finely chopped
I tbsp/15ml olive oil
salt and freshly ground black pepper
'/, cup/50g/2oz flaked almonds
1 tsp/5mi cornstarch
1 tbsp/15mi water
1 cup/250mi/8fl oz yoghurt

METHOD
1-Place the courgettes in a shallow ovenproof dish. Mix the onions, oil, salt and pepper and spoon the mixture over the courgettes. Bake uncovered at 350oF/180oC/Gas 4 for 40 minutes, or until tender.

2-Meanwhile toast the almonds: put them into a heavy frying pan over a high heat and shake the pan frequently; don't bum.

3-Mix the cornstarch with the water and add it to the yoghurt with seasoning to taste. Warm the mixture over a gentle heat, stirring constantly, for 3 minutes.

4-Spoon it over the courgettes and scatter the almonds on top.

VEGETABLE AND RICE SIDE DISHES

Courgette Gratin

INGREDIENTS
Serves 4
oil
4 large/450g/1 lb courgettes, sliced
1 large onion, chopped
1 ¾ cups/425g/15oz canned tomatoes
chopped basil, thyme or marjoram
sliver lemon peel
salt and freshly ground black pepper
1 cup/225g/8oz macaroni
2 eggs
2/3 cup/150ml/1/4 pt yoghurt
¾ cup/75g/3oz grated Cheddar cheese

METHOD
1-Heat the oil and fry the courgettes until they are lightly coloured. Remove them from the pan and reserve. Add the onion and fry until golden, adding more oil if necessary. Add the tomatoes, herbs, lemon peel, salt and pepper and simmer for 10 minutes, breaking up the tomatoes and stirring from time to time.

2-Meanwhile, cook the macaroni and drain it well. Put it into an ovenproof dish.

3-Pourthe sauce over the macaroni and mix it through well. Lay the cooked courgettes on top. Mix the eggs, yoghurt and half the cheese and pour the mixture over the courgettes. Scatter the remaining cheese on top.

4-Bake the dish at 375oF/190oC/Gas 5 for 30 minutes.

VARIATION

You could use aubergines instead of courgettes, in which case slice and salt them, leave them to drain for 20 minutes, rinse and dry them and proceed as above.

VEGETABLE AND RICE SIDE DISHES

Courgettes with Dill

INGREDIENTS

serves 4

¼ cup/60mi/2fl oz olive oil
2 tbsp/25g/ 1 oz butter
1 onion, chopped
1 garlic, crushed
450g/l lb courgettes topped, tailed and sliced in thickish rounds
salt and freshly ground black pepper
2 tsp/l0ml paprika
1 tbsp/15ml dill, chopped (not the stalks)
1 small tub soured cream

METHOD

1-Heat oil and butter in a large frying pan. Cook the onion and garlic gently until soft. Turn up the heat.

2-Add the courgettes, garlic and black pepper and toss.

3-Cook for 5-10 minutes, stirring to cook both sides of the courgette slices.

4-When browning, add the paprika, dill and soured cream. Season and serve.

VEGETABLE AND RICE SIDE DISHES

Magyar Marrow or Squasb

INGREDIENTS

Serves 4

1 medium to large marrow
2 tbsp/2 5g/l oz butter
2 tsp/l0ml cornflour
1 tbsp/15ml water
1 tbsp/15ml dried dill weed
Salt and freshly ground black pepper
2/3 cup/150ml/1/4 pt soured cream

METHOD

1-Peel the marrow and either finely chop or grate it. Cook the marrow with the butter, stirring from time to time, just until it begins to soften.

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2-Mix the cornflour with the water until smooth and add it to the marrow. Stir and cook for a further 3 minutes.

3-Add the dill, salt and pepper and finally stir in the soured cream. Warm it through gently and serve the marrow hot.

VEGETABLE AND RICE SIDE DISHES
ChilliBeans

INGREDIENTS

Serves 4
1 cup/175g/6oz rose cocoa beans
2 tbsp/30ml olive oil
½ tsp/2.5g fennel seeds
1/2 tsp/2.5g mustard seeds
1 onion, chopped
2 cloves garlic, chopped
1 ¾ cup/100g/4oz sliced mushrooms
½ fresh green chilli, de-seeded and chopped
1 ¾ cups/425g/15oz can tomatoes, mashed
2 tbsp/30ml chopped fresh coriander or parsley
salt and freshly ground black pepper

METHOD
1-Soak the beans overnight and cook them in salted water until tender. Cooking time will vary depending on the age of the beans. They could be ready in 20 minutes, or they may take an hour, so keep testing.

2-Meanwhile, heat the oil in a pan and, when hot, add the seeds. As soon as the mustard seeds begin to pop, add the onion and garlic. Cook gently until translucent.

3-Stir in the mushrooms. When they are tender, add the chilli and tomatoes, coriander and seasoning. If you can't get coriander, use parsley instead, but the dish will certainly lose some of its character.

4-Add the beans, heat through for 10 minutes and serve with roasted rarebit or an omelette for a warming winter supper.

VEGETABLE AND RICE SIDE DISHES
Stuffed Marrow or Squash

INGREDIENTS

Serves 4-6
1 marrow
salt and freshly ground black pepper

1/3 cup/75g/3oz brown rice
2 small carrots, diced
¼ cup/50g/2oz peas
1-2 tbsp/15-30ml oil
1 onion, chopped
1 clove garlic, chopped
1 stalk celery, chopped
1 handful parsley, chopped
2 tbsp hazelnuts, chopped

TOMATO SAUCE
1-2 tbsp/15-30ml oil
1 onion, chopped
2 cloves garlic, chopped
1', cups/425g/15oz can tomatoes, mashed
1 tbsp/15mi tomato purse
salt and freshly ground black pepper

METHOD
1-Pre-heat the oven to 350oF/180oC/Gas 4. Cut the marrow in half lengthways and scoop out the pith and seeds. Sprinkle the flesh with salt and leave the halves upside down to drain.

2-Meanwhile, make the filling. Simmer the rice in a covered pan of salted water until just tender (about 30 minutes). Drain.

3-Parboil carrots and peas and drain. Heat oil in a pan and fry onion and garlic until translucent. Add celery, carrots and peas. Stir in th e rice, parsley and hazelnuts and season well. Dry the marrow and pile filling into one half of it. Top with second half.

4-Make the tomato sauce. Heat oil in a pan and add onion and garlic. Fry, stirring, until soft. Add tomatoes and tomato purse. Simmer for 5 minutes stirring occasionally, and season well.

5-Place marrow in a baking dish with a lid, if you have one big enough, otherwise use foil to cover. Surround it with the sauce. Cover and cook for 45 minutes until marrow is tender. Serve hot or cold with a crisp green salad.

VEGETABLE AND RICE SIDE DISHES
Creamed Spinach

INGREDIENTS

Serves 4
3 cups/700g/l ½ lb fresh spinach, washed and picked over
1 egg yolk
grated nutmeg
salt and freshly ground black pepper
2/3 cup/150ml/ ¼ pt yoghurt

METHOD
1-Cook the spinach without any excess water (the water adhering to it is sufficient) and a little salt. Drain the cooked spinach very well (press it between two plates for most effective drainage).

2-Whisk together the egg yolk, nutmeg and seasoning to taste, and yoghurt. Mix into the spinach. Warm through gently.

VEGETABLE AND RICE SIDE DISHES

Roasted Aubergine

INGREDIENTS

Serves 4
1 large aubergine
1 small onion, finely chopped
1-2 green chillis, finely chopped
½ tsp/2.5ml salt 2-3 tbsp/30-45 ml mustard oil

METHOD
1-Place the aubergine under a pre-heated grill for about 15 minutes, turning frequently, until the skin becomes black and the flesh soft.

2-Peel the skin and mash the flesh.

3-Add the rest of the ingredients to the mashed aubergine and mix thoroughly.

VEGETABLE AND RICE SIDE DISHES

Brussels Sprouts with Garlic and Mushrooms

INGREDIENTS

Serves 4
2-3 tbsp/30-45ml oil
4 cloves garlic, chopped
1 lb/450g Brussels sprouts, thinly sliced
1 ¼ cups/l00g/4oz mushrooms, sliced

METHOD
1-Heat some oil in a wok or deep-sided frying pan. Add the garlic and fry quickly, stirring, until crisp and brown.

2-Add the sprouts and mushrooms and stir until coated with garlic and oil. Stir-fry for 1-2 minutes and eat while crisp and hot. A delicious accompaniment to bean dishes.

VEGETABLE AND RICE SIDE DISHES
Carrots with Yoghurt

INGREDIENTS

Serves 4-6
31/2 cups/450g/1 lb carrots, sliced
1 tsp/5ml sugar
½ tsp/2.5ml ground cumin
1 small onion, finely chopped
juice ½ lemon
2/3 cup/150ml/ ¼ pt yoghurt
salt and pepper

METHOD
1-Cook the carrots with the sugar in boiling waterjust until they are al dente. Drainthern and add the cumin and onion. Stir around.

2-Mix the lemon juice into the yoghurt, season to taste and spoon it over the carrots.

3-Serve immediately or leave it to cool and serve as a salad or an accompaniment to curry.

VEGETABLE AND RICE SIDE DISHES
Cauliflower with Potatoes and Peas

INGREDIENTS
Serves 4-6
4 tbsp/60ml oil
2 medium onions, finely chopped
4 cups/450g/1 lb diced potatoes in ¾ in/ 2cm pieces
1 small cauliflower, cut into ¾ in/2cm pieces
½ tsp/2.5ml ground turmeric
1/3 tsp/3ml chilli powder
1 tsp/5ml ground cumin
2 tomatoes, chopped
1 tsp/5 ml salt
1/4 tsp/1.5ml sugar
1 cup/200g/7oz peas
½ tsp/2.5ml

METHOD
1-Heat the oil in a karai over medium high heat. Add the onions and fry for 3-4 minutes until light brown.

2-Add the potatoes and cauliflower and stir. Add the spices, tomatoes, salt and sugar. Stir and fry for 2-3 minutes.

3-Add the peas, cover and lower heat to medium low and cook for about 20 minutes until the potatoes and cauliflower are tender. Stir the vegetables a few times to stop them sticking. Sprinkle with Garam Masala before serving.

VEGETABLE AND RICE SIDE DISHES
Purée of Root Vegetable

INGREDIENTS

Serves 4
175g/6oz carrots
175g/6oz secede
1 turnip
1 parsnip butter
salt and freshly ground black pepper

METHOD
1-Trim and peel the vegetables and simmer in salted water until tender.

2-Drain and mash to a fluffy purée butter. Season with salt and plenty of black pepper. Serve with a dish that has a crunchy texture, such as Chestnuts and Vegetable

VEGETABLE AND RICE SIDE DISHES
Corn Croquettes

INGREDIENTS
Serves 4
3 tbsp/45ml butter
3 tbsp/20g/',oz flour
1 ¼ cups/300ml/10fl oz milk
salt and freshly ground black pepper
1-2 tbsp/15-30ml finely chopped parsley
2 1/3 cups/400g/14oz corn kernels, cooked
2 egg yolks

THE COATING
2 eggs, beaten
seasoned flour
fine stale breadcrumbs
oil for frying

METHOD

1-To make the sauce, cut the butter into small pieces and melt in a heavy-bottomed pan. Stir in the flour and cook for a few minutes unto the mixture is a pale gold.

2-Remove from the heat and pour in the milk. Stir well, return to the heat and stir until the sauce has thickened. Season with salt and plenty of pepper.

3-Stir the parsley, corn kernels and egg yolks into the mixture. Chill.

4-The mixture should have a heavy dropping consistency. Form it into croquettes. Dip each in the beaten egg, then roll in the flour and breadcrumbs.

5-Fry the croquettes in oil until crisp.

VEGETABLE AND RICE SIDE DISHES

Fennel Mornay

INGREDIENTS

Serves 4
3 bulbs fenne
l bay leaf

THE SAUCE
2 tbsp/25g/l oz butter
¼ cup/25g/l oz plain untreated flour
1 ¼ cups/300ml/10fl oz milk
2/3 cup/150ml/5fl oz single cream
1 cup/l00g/4oz Cheddar cheese, grated
¼ - ½ cup/25-50g/l -2oz breadcrumbs
salt and freshly ground black pepper

METHOD
1-Trim the fennel and simmer in salted water with a bay leaf for about 30 minutes until tender.

2-Meanwhile, make the sauce. Melt the butter in a pan and stir in the flour. Cook, stirring, for a couple of minutes and then gradually stir in the milk. Add the cream and most of the cheese and cook gently until the cheese has melted. Season well and keep warm.

3-Drain the fennel and cut each bulb in half. Lay the halves in a flameproof dish and pour the sauce over them. Sprinkle with the remaining cheese and the breadcrumbs. Put under a hot grill to brown and melt the cheese.

NOTE
For a tangier sauce, add a little powdered English mustard to taste.

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Corn on the Cob with Garlic Butter

INGREDIENTS

Serves 4-6
Corn on the cob
butter
garlic paste

METHOD
1-Remove the outer green leaves from the fresh corn. Place in boiling salted water with a drop of olive oil.

2-Simmer for 20 minutes, or until the corn is cooked and tender. Remove from the heat and drain.

3-Smother liberally with butter and garlic paste.

VEGETABLE AND RICE SIDE DISHES

Cheese and Potato Croquettes

INGREDIENTS

Serves 6-8
2lb/900g potatoes
2 egg yolks
4 tbsp/50g/2oz butter
salt and freshly ground black pepper
pinch nutmeg dash sherry
½ cup/l00g/4oz grated Parmesan cheese
pinch mustard
2 tbsp/30ml chopped parsley
seasoned flour
eggwash (egg beaten with a little milk)
breadcrumbs

METHOD
1-Wash and peel the potatoes, and cut to an even size. Cook in salted water until soft; then drain.

2-Put a lid on the pan of the potatoes and place over a low heat to dry out, stirring occasionally to prevent burning.

3-Place the potatoes in a food processor with the yolks, butter and seasoning.

4-Mix in the nutmeg, sherry, Parmesan cheese, mustard and parsley. The potatoes should be like a very firm mash. Overmixing will make them gluey, in which case some flour will have to be worked in by hand.

5-Check that the mix is seasoned well and mould into cylinder shapes (5x2in/ 13x5cm). Roll in seasoned flour; dip in eggwash and coat with breadcrumbs.

6-Deep-fry in hot fat, 365oF/185oC. When golden, drain well and serve.

NOTE
If you want to keep the croquettes for cooking later, or the next day, place them carefully on a tray, cover with plastic film and refrigerate.

VEGETABLE AND RICE SIDE DISHES
Split peas with vegetables

INGREDIENTS

Serves 4-6
scant cup/200g/7oz split peas, washed
3 cups/750ml/25fl oz water
2 tbsp/30ml Ghee
½ tsp/2.5ml whole cumin seeds
2 bayleaves
2-3 green chilies, cut lengthways
2 ½ cups/275g/l0oz diced potatoes, cut into 1 in/2.5cm pieces
1/3 cup/75g/3oz peas
3 cups/350g/12oz cauliflower, cut into large florets
1 tsp/2.5ml ground turmeric
1 tsp/5ml salt

METHOD
1-In a large saucepan bring the split peas and water to the boil. Cover and simmer for 30 minutes. Remove from heat.

2-Heat the ghee in a large saucepan over medium high hear. Add the cumin seeds, bay leaves and green chillis and let them sizzle for a few seconds.

3-Add the potatoes, peas, cauliflower and fry for 1-2 minutes.

4-Add the boiled split peas with the water, turmeric and salt. Mix thoroughly, lower beat and cook until the vegetables are tender. (if the dal gets too thick add a little more water.)

VEGETABLE AND RICE SIDE DISHES
Black eyed peas with onions

INGREDIENTS

Serves 4-6
1 good cup/ 200g/7oz black eyed peas, washed
5 cups/1.1 l/ 2 pts water

2 tbsp/30ml oil
1 large onion, finely chopped
2 cloves garlic, crushed
¼ in/0.5cm root ginger, grated
1-2 green chillis, finely chopped
½ tsp/2.5mi salt
1 tsp/5ml molasses

METHOD
1-Soak the beans in the water overnight.

2-Boil the beans in the water and then cover and simmer for I hour until tender. Drain.

3-Heat the oil in a large saucepan and fry the onion, garlic, ginger and chilli until the onions are soft. Add the beans, salt and molasses and cook until all the moisture is absorbed, about 15 minutes. Serve with Baktoras.

VEGETABLE AND RICE SIDE DISHES
Three Peppers in Tomato and Garlic

INGREDIENTS

Serves 6
¾ cup/175ml/6fl oz olive oil
2 yellow peppers, de-seeded and cut into thin strips
2 red peppers, de-seeded and vut into thin strips
2 green peppers, de-seeded and cut into thin strips
1 tbsp/15ml parsley, chopped
2 tsp/l0ml finely chopped garlic
8oz/225g fresh or canned tomatoes
salt and freshly ground black pepper

METHOD
1-Heat the oil in a large frying pan and cook the peppers gently for 2-3 minutes, stirring frequently. Add the parsley and garlic and cook for another couple of minutes.

2-Add the chopped tomatoes and their juice to the pan. Stir and season. Cover and simmer gently for about 20 minutes, until the peppers are tender. The sauce should be quite thick - if necessary, remove the peppers and boil rapidly to reduce the liquid. Season.

Sauces and Dressings

Yoghurt

INGREDIENTS
makes about 5 cups
5 cups/1.1 1/2pts milk
2 tbsp/30ml unflavoured commercial yoghurt at room temperature

METHOD
1-Scald the milk. Heat it until it is ready to boil. Just before boiling point, remove the pan from the heat and allow to cool until lukewarm. Test by dripping a little milk on your wrist. It should feel warm, not hot.

2-Put the yoghurt in the chosen container and stir in a little milk until smooth. Now stir in the remaining milk.

3-Cover and place container in the incubator. Be careful not to disturb the yoghurt for about 4 hours. When the consistency is right, chill in the fridge to set before using.

NOTE
Yoghurt can be made in any sterile container with a rightly fitting lid inside any sort of incubator, such as an oven with the pilot light on or a styrofoam box, but because the secret of successful yoghurt making is a constant lukewarm temperature, it is best to use a special yoghurt maker Don't put incubating yoghurt near a heat source regulated by a thermostat that switches on and off. Use 2 tbsp/30ml of the home-made yoghurt to start the next batch. The cost of making yoghurt at home is minimal and the method is easy.

SAUCES AND DRESSINGS

GHEE-CLARIFIED BUTTER

INGREDIENTS
makes about 2cups/450 ml/ ¾ pt
1 lb/450g unsalted butter

METHOD
1-Heat the butter in a saucepan over low heat. Let it simmer for 15-20 minutes until all the white residue turns golden and settles at the bottom.

2-Remove from the heat, strain and cool. Pour into an airtight bottle and store in a cool place.

SAUCES AND DRESSINGS

Homemade Garam Masala

INGREDIENTS
makes about 1/3 cup/2,oz/ 4 tbsp
3 tbsp/45ml cardamom seeds

3in/7.5cm cinnamon sticks
½ tbsp/7.5ml cumin seeds
½ tsp/2.5ml black peppercorns
½ tsp/2.5mi cloves
¼ nutmeg

METHOD.
Grind all the spices together until they are finely ground. Store in a spice bottle until required. (The ingredients may be added in different proportions to suit individual tastes)

SAUCES AND DRESSINGS
BECHAMEL SAUCE

Ingredients:
Make about 3 ¼ cups/900 ml/ 1 ½ pts.
2 ½ cups/ 600 ml/ 1 pt milk
1 small onion, peeled.
1 small carrot, peeled and sliced.
1 bay leaf
6 slightly crushed peppercorn
1 blace mace
1 stalk parsley
3 tbsp/ 40g/ 1 ½ oz butter
6 tbsp/ 40g/ 1 ½ oz flour
Salt and white pepper.

METHOD
1-Pour milk into a saucepan. Add the onion cut into quarters with 2 slices of carrot, bay leaf, peppercorns, mace and parsley stalk.

2-Cover and allow to heat on a low heat without boiling for about 10 minutes. Remove from the heat and allow to infuse for a further 10 minutes, covered.

3-Make a roux (a blend of butter and flour) by melting the butter in a saucepan. Do not allow the butter to brown. Add the flour and stir well over a medium heat.

4-Gradually add the strained milk and stir briskly or whisk until a smooth creamy sauce is made, season to taste.

SAUCES AND DRESSINGS
Cold Horseradish Sauce

INGREDIENTS
makes about 200mL/7 fl oz
2 tbsp/30ml prepared horseradish cream
2/3 cup/150ml/1/4 pt soured cream

METHOD
1-Stir the horseradish cream into the soured cream. Refrigerate for an hour before use if possible.

2-Use this sauce for potatoes and beetroot k dishes.

SAUCES AND DRESSINGS
Creamy Mustard Vinaigrette

INGREDIENTS
Makes about 2/3 cup/150ml/1/4 pt
3 tbsp/45ml olive oil
2 tbsp/30ml double cream
2 tbsp/30ml red wine vinegar
1 tbsp/15ml Dijon mustard
½ tsp/2.5ml dried thyme
1 ½ tsp/7.5ml soy sauce
saft and freshly ground black pepper

METHOD
Put the olive oil, cream, vinegar and mustard in a small bowl. Stir with a fork or whisk until the mixture is just foamy. Stir in the thyme, soy sauce, salt and pepper.

SAUCES AND DRESSINGS
Modern Vinaigrette

INGREDIENTS
makes 1 cup/250ml/8fl oz
2 tbsp/30ml wine vinegar
1 tbsp/15ml lemon juice
1 tsp/5ml prepared mustard
salt and freshly ground black pepper
3/4 cup/175g/6fl oz pure olive oil
3 tsp/15ml mixed fresh herbs (optional)

METHOD
1-Put the vinegar, lemon juice, mustard, salt and pepper in a jar with a tightly fitting lid.

2-Cover the jar tightly and shake until the salt dissolves. Add the olive oil to the jar and shake until well mixed. Stir in the chopped basil, oregano or mix of herbs if wanted.

SAUCES AND DRESSINGS
Tofu Dressing

INGREDIENTS
makes about 2 cups/ 475ml/16fl oz
1 2/3 cups/300g/l0oz silken tofu

2 tbsp/30ml lemon juice
3 tbsp/45ml oil
pinch salt
1 tsp/5ml soy sauce
1 clove garlic, crushed

METHOD
Blend everything together in a liquidiser.

SAUCES AND DRESSINGS
Mayonnaise

INGREDIENTS

makes 1 ¼ cups/ 400 ml/ 14 fl oz
2 egg yolks
½ tsp/2.5ml salt
1 tsp/5mi Dijon mustard
¼ cups/300ml/1/2pt olive oil
2 tsp/lOml cider vinegar

METHOD
1-All the ingredients must be at room temperature. Put the egg yolks in a bowl with the salt and mustard and whisk together with a balloon whisk.

2-Beating constantly and evenly, add the olive oil at a very slow trickle. A bottle with a nick cut in the cork can be used to ensure that only a very little oil dribbles out at a time. The aim is to break up the oil into very small globules so that it can be absorbed by the egg yolks. When all the oil has been added you should have a thick glossy emulsion that will cling to the whisk.

3-Gradually beat in the cider vinegar. For a thinner mayonnaise, beat in 1 tbsp/15ml hot water

SAUCES AND DRESSINGS
Mayonnaise Maltaise

INGREDIENTS
makes 1 ¾ cups/ 400 ml/ 14 fl oz
1 ¾ cups/400ml/14fl oz mayonnaise (see above)
grated rind and juice of 2 oranges

METHOD
Combine the ingredients and serve with cooked vegetables such as asparagus and artichokes, or use as a salad dressing.

SAUCES AND DRESSINGS
Blue Cheese Dressing

INGREDIENTS
makes about 1 ¼ cups/ 400 ml/ 14 fl oz
1 cup/250ml/8fl oz yoghurt
1/2 cup/50g/2oz blue cheese
3 tbsp/45ml olive oil
salt and freshly ground black pepper

METHOD
Blend all the ingredients together thoroughly.

SAUCES AND DRESSINGS
Tomato Yoghurt Dressing

INGREDIENTS
Makes ¾ cup/ 175 ml/ 6 fl oz
2/3 cup/150ml/ ¼ pt yoghurt
4 tsp/20ml tomato ketchup
squeeze of lemon
dash Tabasco
salt and freshly ground black pepper

METHOD
Mix all the ingredients together well. Serve on crisp lettuce.

VARIATION
Add finely chopped green or red pepper, chopped hard-boiled egg, chopped spring onions.

SAUCES AND DRESSINGS
Rich French Dressing

INGREDIENTS
makes about l ¼ cups/400 ml/ 14 fl oz
1 egg
1/2 cup/120ml/4fl oz oil
2 tbsp/30ml lemon juice
1 clove garlic, crushed
fresh herbs
salt and freshly ground black pepper
1 cup/250ml/8fl oz yoghurt

METHOD
1-Blend together the egg, oil, lemon juice, garlic, herbs, salt and pepper. Slowly add the yoghurt, with the blender running. Refrigerate until required - it should thicken as it stands.

VARIATION
This makes a delicious salad dressing but if you want to make it thicker, for piping, you can add some gelatin and let it set. Use chives, fennel, parsley, tarragon or any other fresh herb you have on hand - or a mixture.

NOTE
For a less rich dressing omit the egg.

SAUCES AND DRESSINGS
Green Mayonnaise

INGREDIENTS
makes about 1 ½ cups/ 350 ml/12 fl oz
3 tbsp/45ml chopped fresh spinach
3 tbsp/45ml chopped watercress
3 tbsp/45ml chopped spring onion
3 tbsp/45ml chopped parsley
1 cup/250ml/8fl oz mayonnaise
½ tsp/2.5g grated nutmeg
salt to taste

METHOD
1-Put the spinach, watercress, spring onion and parsley in a small saucepan. Add water to cover them.

2-Quickly bring to the boil. Remove the saucepan from the heat. Let stand for I minute.

3-Drain the greens well. Rub them through a sieve or purse them in a blender. Drain off excess liquid.

4-Put the mayonnaise in a blender or medium-sized bowl. Add the purse, nutmeg and salt to taste. Blend until evenly mixed.

SAUCES AND DRESSINGS
Touch of Asia Dressing

INGREDIENTS
makes 1 cup/250 ml/ 8 fl oz
2 tsp/l0 ml soy sauce
2 tsp/l0ml water
1 whole spring onion, chopped
1/2 tsp/2.5ml sesame oil
¼ tsp/1.5ml hot pepper chilli oil
1 garlic clove, finely chopped
1/4 tsp/1.5ml ground black pepper
6fl oz/175mi peanut oil

21/2 tbsp/38ml rice wine vinegar

METHOD
1-Put the soy sauce, water, spring onion, sesame oil, hot pepper oil, garlic and black pepper in a jar with a tightly fitting lid. Cover and shake until the ingredients are blended.

2-Add the peanut oil to the jar, cover tightly and shake again. Let the mixture stand for 2 minutes.

3-Add the vinegar to the jar. Cover tightly and shake well again. Pour over the salad immediately.

SAUCES AND DRESSINGS

Lemon Dressing

INGREDIENTS
Makes l/4 cup/ I75ml/6fl oz
1 tsp/5ml water
large pinch salt
large pinch grated lemon rind
2 tsp/l0ml dried mint
4 tbsp/60ml/2fl oz fresh lemon juice
1/2 cup/120ml/4fl oz pure olive oil
large pinch ground black pepper

METHOD
1-Put the water, salt and lemon rind in a jar with a tightly fitting lid. Let stand for 2 minutes.

2-Add the mint and lemon juice. Cover the jar tightly and shake.

3-Add the olive oil and black pepper. Cover the jar tightly, shake again and serve.

SAUCES AND DRESSINGS

Yoghurt Mayonnaise

INGREDIENTS
makes 1 cupl25Oml/ 8fl oz
½ cup/4fl oz/120ml unflavoured yoghurt
1 tbsp/15ml honey
1 tsp/5ml fresh lemon juice
41/2 tbsp/3fl oz/90ml mayonnaise
¼ tsp/1.5ml salt
1 tsp/5ml poppy seeds

METHOD

1-Combine the yoghurt, honey and lemon juice in a bowl. Stir with a wooden spoon until well blended.

2-Add the mayonnaise, salt and poppy seeds. Stir until thoroughly mixed. Chill for I hour and serve.

SAUCES AND DRESSINGS
Basil Dressing

INGREDIENTS
makes 1 cup/ 250 ml/ 8 oz
1 cup/250ml/8fl oz yoghurt
10 basil leaves, finely chopped
1 large clove garlic, crushed
salt and freshly ground black pepper

METHOD
1-Blend everything together well. Serve over green or mixed salad or tomato and onion salad.

NOTE
This also makes a good sauce for pasta, in which case double the quantity.

SAUCES AND DRESSINGS
Herb Dressing

INGREDIENTS
makes 1 ½ cups/ 130 ml/ 12fl oz
½ cup/75g/3oz cream cheese
1 cup/250ml/8fl oz yoghurt or buttermilk
salt and freshly ground black pepper
finely chopped fresh herbs

METHOD
Blend everything together well. Refrigerate until required. Use on salads or fish.

SAUCES AND DRESSINGS
Tahint Dressing

INGREDIENTS
makes 1 ¾ cups/ 400 ml/ 14fl oz
1 cup/250ml/8fl oz tahini
4 tbsp/60ml water
4 tbsp/60ml lemon juice
3 cloves garlic, crushed
pinch salt

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METHOD
Blend all the ingredients together thoroughly.

SAUCES AND DRESSINGS
Thousand Island Dressing

INGREDIENTS
makes 11/3 cups/325ml/11fl oz
1 cup/250ml/8fl oz mayonnaise
4 tbsp/60ml Tabasco or chilli sauce
2 tbsp/30ml finely chopped pimento-stuffed green olives
1 hard-boiled egg, finely chopped
1 tbsp/15ml double cream
½ tsp/2.5ml fresh lemon juice
11/2 tsp/7.5ml finely chopped spring onion
2 tbsp/30ml finely chopped sweet green pepper
2 tbsp/30ml finely chopped fresh parsley
¼ tsp/1.5ml paprika large
pinch freshly ground black pepper

METHOD
1-Put the mayonnaise and chilli sauce in a medium-sized bowl. Stir with a wooden spoon until well blended.

2-Add the olives, egg, cream and lemon juice. Continue stirring.

3-Add the remaining ingredients. Stir until well blended. Refrigerate for at least I hour before serving. It goes well on tossed green salad.

SAUCES AND DRESSINGS METHOD
Chutney Dressing

INGREDIENTS
makes about 11/2 cups/ 350ml/l2fl oz
½ cup/120ml/4fl oz soured cream
½ cup/120ml/4fl oz buttermilk
2 tbsp/30ml mango chutney
1 tbsp/15ml lemon juice
2 tsp/l0ml oil
2 tsp/l0ml mustard
salt and freshly ground black pepper

METHOD
1-Blend everything together well. Refrigerate until required.

2-Serve on salad or cold vegetables. It also makes a delicious dressing for hard-cooked eggs.

SAUCES AND DRESSINGS METHOD

Fruit Salad Syrup Dressing

INGREDIENTS
makes 11/4 cups/ 300ml / ½ pt
1 tbsp/15ml flour
2/3cup/150ml/1/4 pt water
½ tsp/2.5ml pure vanilla essence
1 egg
5 tbsp/75ml sugar
2 tsp/l0mi butter
large pinch ground nutmeg
3 tbsp/45ml double cream

METHOD
1-Put the flour and 2 tbsp/30ml water into a saucepan. Stir to form a thin paste. Add the vanilla and egg. Beat well until smooth.

2-Put the sugar, remaining water and butter in another saucepan. Bring to the boil over a low heat.

3-Add the boiling syrup to the vanilla and egg mixture. Stir well. Cook over low heat, stirring constantly, until thick and smooth.

4-Remove the saucepan from the heat. Allow the dressing to cool.

5-Stir in the nutmeg and cream. Beat until well blended and pour over the fruit salad.

SAUCES AND DRESSINGS METHOD

Saisa Verde

INGREDIENTS
makes about 11/2 cups/350mil/l2fl oz
3 cloves of garlic, finely chopped
1 cup/l00g/4oz parsley, finely chopped
1 tbsp/15g watercress leaves, finely chopped (optional)
1 tbsp/15g mixed fresh herbs, finely chopped (basil, marjoram, and a little thyme, sage, chervil and dill)
coarse salt
4 tbsp/60ml olive oil
juice of 1-2 lemons
1-2 tsp/5-10g sugar
black pepper

METHOD
1-Blend or pound together in a mortar, the garlic, parsley, watercress, fresh mixed herbs and a little coarse salt, until they form a smooth paste.

2-Add the oil, a spoonful at a time, and mix well. Add the lemon juice and season with sugar, salt and pepper to taste. This goes excellently with hard-boded eggs or fritters.

Beverages

Section: Beverages

Title: Four-Fruit Smoothie

MAKES: 31/2 cups

1. To freeze fruit pieces, set them slightly apart on a baking sheet. Put in the freezer until firm, 1 to 2 hours.

2. To store longer, transfer frozen fruit to a freezer container. Or buy individually quick-frozen fruit pieces or berries by the bag, pour out the amount of fruit you need, then seal bag and store in the freezer.

3. In a blender, whirl 11/2 cups apple juice, 13/4 cups frozen banana chunks (cut into 1-in. pieces), 1 cup frozen strawberries, and 1 cup frozen peach slices until smoothly puréed.

4. Add 1/8 to 1/4 teaspoon almond extract (optional) to taste. Pour into glasses to serve.

Section: Beverages

Title: Iced Mexican Chocolate

MAKES: 41/2 cups

1. In a blender, whirl 1 cup nonfat milk, 11/2 ounces unsweetened chocolate (coarsely chopped), 2 tablespoons honey, 1/2 teaspoon grated orange peel, and 1/2 teaspoon ground cinnamon until chocolate is finely ground.

2. Add 1 pint vanilla nonfat frozen yogurt and 2 cups ice cubes; whirl until smoothly puréed (chocolate forms streaks). Pour into glasses.

Section: Beverages

Title: Blueberry-Lemon Shake

MAKES: 31/2 cups

In a blender, whirl 3 cups frozen blueberries, 11/2 cups buttermilk, 1/2 cup sugar, 1/2 teaspoon grated lemon peel, and 2 tablespoons lemon juice until smoothly puréed. Pour into glasses to serve.

Section: Beverages

Title: Frozen Cappuccino

1. Put 1/3 cup finely ground espresso- roast coffee or other dark-roast coffee in a paper-lined coffee filter set over a mug. Pour 1 cup hot (190°) water into filter and let drip through. Chill until cool, about 20 minutes.
2. In a blender, whirl coffee, 3/4 cup vanilla nonfat frozen yogurt, 1/2 cup ice cubes, and 11/2 tablespoons sugar until smoothly puréed.

Pour into a glass.

Chinese Dishes

Bean Curd Dip

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Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 29
Serving Size  : 6    Preparation Time :0:10
Categories    : Appetizers                          Chinese Dishes
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
     1/2  pound         bean curd
     1/4  cup           plum sauce
   2      teaspoons     prepared Chinese mustard
   1      teaspoon      salt
```

Mash the bean curd, then mix with the other ingredients with a whisk or an electric mixer. the dip should have the consistency of sour cream. To prepare in a blender or food processor, combine the ingredients and process until smooth. Refrigerate until ready to serve. Stored in a sealed container, the dip can be kept in the refrigerator for up to a week. Makes 1 1/2 cups.

Birthday Noodles

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Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 66
Serving Size  : 6    Preparation Time :0:15
Categories    : Chinese Dishes                    Pasta Dishes
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
     1/2  pound         fresh spinach
     1/2  pound         Chinese noodles
   1      tablespoon    sesame oil
   1      cup           vegetable stock
   1      tablespoon    dark soy sauce
   1      teaspoon      sesame oil
   1/2    teaspoon      cornstarch dissolved in 1 tsp cold water
   1/2    teaspoon      salt
 6                      eggs
 2        tablespoons   chives -- chopped
```

Wash the spinach and remove any tough stems. Bring 2 quarts of water to a biol, add the spinach, and cook 1 minute. Drain, squeeze out the excess moisture, and chop coarsely; reserve.

Bring 4 quarts of water to a boil. Stir in the noodles and cook until just tender, about 3 minutes. Drain, toss with sesame oil, and set aside. Combine the ingredients for the broth in a small saucepan and bring to a boil. Keep warm until ready to serve.

Bring 4 cups of water to boil in a wok. break the eggs, one at a time, into a large spoon, and slip them into the water. Reduce heat to simmer and poach for 2 minutes.

While the eggs are poaching, divide the noodles among six soup bowls. Place a portion of the spinach on top of each, then a poached egg. Ladle hot broth into the bowls, sprinkle with chives, and serve immediately.

Congee

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 155
Serving Size  : 6    Preparation Time :1:45
Categories    : Cereals/Grains                    Chinese Dishes
                Vegetarian
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1      cup           short-grain rice
   8      cups          cold water
```

Combine the rice and water in a large saucepan with a tight-fitting lid. Bring to a boil, cover, and reduce heat to simmer. Cook for 1 1/2 hours. Serve hot.

Congee with Vegetables

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 155
Serving Size  : 6    Preparation Time :0:30
Categories    : Cereals/Grains                    Chinese Dishes
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1                    recipe Congee
     1/2  pound         spinach
   1                    egg
   1      tablespoon    ginger -- finely shredded
   1                    scallion -- thinly sliced
   1      medium        tomato -- coarsely chopped
                        salt and pepper -- to taste
```

Prepare congee following the basic recipe. Meanwhile, wash the spinach, trim any tough stems, and pat dry. Lightly beat the egg. When the congee is cooked, stir in the egg, ginger, scallion, spinach, and tomato.

Cook just until the spinach is wilted and the tomato is heated through, about 3 minutes. Season to taste with salt and pepper. Serve immediately.

Easy Sweet & Sour Sauce

```
Recipe By     :
Serving Size  : 6    Preparation Time :0:05
Categories    : Chinese Dishes                    Sauces
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
     1/4  cup           pineapple juice
   1 1/2  tablespoons   oil
   1      tablespoon    brown sugar
   1 1/4  teaspoons     soy sauce
     1/2  teaspoon      pepper
   2      tablespoons   milk vinegar
```

Combine all ingredients in small bowl.

Serving Ideas : Use as dipping sauce or to stir-fry vegetables

Hoisin Dipping Sauce

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 189
Serving Size  : 1    Preparation Time :0:05
```

```
Categories    : Appetizers                          Vegetarian
                Chinese Dishes                      Sauces
  Amount  Measure       Ingredient -- Preparation Method
-------  -----------  --------------------------------
   2      tablespoons  hoisin sauce
   2      tablespoons  tomato catsup
   1      teaspoon     rice vinegar
   1      teaspoon     honey
   1      teaspoon     black soy sauce
```

Combine the ingredients in a small bowl and mix well. Refrigerate until ready to serve.

Hunan Chow Mein

```
Recipe By     : Carol Greenberg, Veggie Life, pg 55
Serving Size  : 6    Preparation Time :0:30
Categories    : Cereals/Grains                      Chinese Dishes
                Main Course                         Vegetables
                Vegetarian
  Amount  Measure       Ingredient -- Preparation Method
-------  -----------  --------------------------------
   1      medium       onion -- chopped
   3      cloves       garlic -- minced
   1      tablespoon   peanut oil
   2      tablespoons  soy sauce
   1      teaspoon     dried mustard
   2      stalks       celery -- sliced diagonally
   2      cups         baby bok choy -- chopped
   1                   red bell pepper -- chopped
   8      ounces       waterchestnuts -- sliced
   1      cup          vegetable stock
   1      cup          mushrooms -- sliced
   4      cups         white rice -- cooked
```

In a wok or large skillet over high heat, cook onion and garlic in oil for 3 minutes, or until they begin to soften. Add soy sauce, mustard, celery, bok choy, bell pepper, water chestnuts, vegetable stock, and mushrooms. Continue cooking, stirring frequently, until vegetables are crisp-tender, about 5 minutes. Serve over rice.

Lo Mein

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 65
Serving Size  : 4    Preparation Time :0:30
Categories    : Chinese Dishes                      Pasta Dishes
  Amount  Measure       Ingredient -- Preparation Method
-------  -----------  --------------------------------
   3                   dried Chinese mushrooms
     1/2  pound        Chinese noodles
   3      tablespoons  peanut oil
```

1		onion -- chopped
2	cups	shredded cabbage
1	small	zucchini -- in 1/2" cubes
3	tablespoons	light soy sauce
1/2	cup	reserved mushroom soaking liquid
1	teaspoon	honey
1/2	teaspoon	salt

Soak the Chinese mushrooms in 1 cup of hot water for 30 minutes. Meanwhile, bring 4 quarts of waqter to boil in a large pot. Stir in the noodles and cook 3 minutes, just until tender. Drain, rinse in cold water, and toss with 1 tablespoon of peanut oil. Set aside.

Remove the mushrooms, but strain and reserve 1/2 cup of the soaking liquid. Trim and discard the mushroom stems. Coarsely chop the caps and set aside. Combine the ingredients for the sauce in a small bowl. Stir to dissolve the sugar and set aside.

Place ;a wok over medium-high heat. When it begins to smoke, add the mushrooms, onion, cabbage, and zucchini. Stir-fry for 2 minutes. Pour teh sauce over the vegetables. Add the reserved noodles and stir until heated through, about 3 minutes. Serve immediately.

Manchurian Sauce

```
Recipe By     : Michael McDermott, Eat More, Weigh Less, pg 310
Serving Size  : 1    Preparation Time :0:40
Categories    : Appetizers                          Chinese Dishes
                Sauces
```

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	soy sauce
1/2	cup	vegetable stock
1/2	cup	green onion -- thinly sliced
1	teaspoon	fresh ginger root -- minced
1	teaspoon	garlic -- minced
1/2	teaspoon	wasabi (or 1/2 tsp minced jalapeno pepper)

In a medium-sized bowl, combine all the ingredients and whisk until well blended. Regrigerate for at least 30 minutes before serving.

NOTES : If you are watching your sodium intake, substitute one of teh low-sodium varieties of soy sauce, but keep in mind that these may still be quite high in salt.

Mandarin Noodles

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 67
Serving Size  : 6    Preparation Time :0:30
Categories    : Vegetables                          Vegetarian
```

```
                Chinese Dishes
  Amount  Measure        Ingredient -- Preparation Method
--------  -----------    --------------------------------
   4                     dried Chinese mushrooms
     1/2   pound         fresh Chinese noodles
     1/4   cup           peanut oil

   1       tablespoon    hoisin sauce
   1       tablespoon    bean sauce
   2       tablespoons   rice wine or dry sherry
   3       tablespoons   light soy sauce
   1       teaspoon      sugar or honey
     1/2   cup           reserved mushroom soaking liquid
   1       teaspoon      chili paste

   1       tablespoon    cornstarch
     1/2                 red bell pepper -- in 1/2 inch cubes
     1/2   8 ounce can   whole bamboo shoots, cut in 1/2in cubes -- rinsed and
drained
   2       cups          bean sprouts
   1                     scallion -- thinly sliced
```

Soak the Chinese mushrooms in 1 1/4 cups of hot water for 30 minutes. While they are soaking, bring 4 quarts of water to a boil and cook teh noodles for 3 minutes. Drain and toss with 1 tablespoon of peanut oil; set aside.

Remove the mushrooms; strain and reserve 1/2 cup of the soaking liquid for the sauce. Trin and discard the mushroom stems; coarsely chop the caps and set aside. Combine the ingredients for the sauce in a small bowl and stir well to dissolve the sugar; set aside. Dissolve the cornstarch in 2 tablespoons of cold water; set aside.

Place the wok over medium-high heat. When it begins to smoke, add the remaining 3 tablespoons of peanut oil, then the mushrooms, red pepper, bamboo shoots, and bean sprouts. Stir-fry 2 minutes. Stir the sauce and add it to the wok, and continue to stir-fry until the mixture begins to boil, about 30 seconds. Mix the dissolved cornstarch and add it to the wok. Continue to stir until the sauce thickens, about 1 minute. Add the noodles and toss until heated through, about 2 minutes. Transfer to a serving platter and sprinkle with the sliced scallion. Serve immediately.

NOTES : Because of the chili paste in the sauce, this is a rather hot dish. If you prefer less spicy food, cut down on the chili paste or leave it out entirely...the noodles are still delicious without it.

Shui Mai

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 191
Serving Size  : 24   Preparation Time :0:40
Categories    : Appetizers                          Chinese Dishes
                Vegetables
  Amount  Measure        Ingredient -- Preparation Method
--------  -----------    --------------------------------
```

2	tablespoons	peanut oil
1		garlic cloves
1	teaspoon	ginger -- minced
1		scallion -- chopped
1		onion -- coarsely chopped
1/2	small	cabbage -- coarsely chopped
2	teaspoons	thin soy sauce
1/2	teaspoon	sesame oil
1	teaspoon	rice wine or dry sherry
1	teaspoon	cornstarch dissolved in 1 tsp cold water
24		dumpling wrappers, 3 inch diameter
1/2	cup	parboiled or frozen green peas
10		lettuce leaves

Place a wok over medium-high heat. When it begins to smoke, add the oil, then the garlic, ginger, and scallion. Stir-fry 15 seconds. Add the onion and cabbage and stir-fry 2 minutes. Add the soy sauce, sesame oil, rice wine, and dissolved cornstarch. Stir constantly until teh sauce thickens, about 30 seconds. Remove the wok from the heat and set aside to cool.

Place a dumpling wrapper on the work surface. With your fingers, completely moisten the surface of the wrapper with water. Place 1 tablespoon fo filling in the center. Pull up the sides of the wrapper around the filling, tucking the wrapper in tiny pleats around the filling. Lightly tap the dumpling on the work surface to flatten the bottom.

Gently squeeze the center of the dumpling to make a slight indentation and force the filling to bulge a bit at the top. Finally, place a green pea in the center indentation of each dumpling for a garnish. Cover the dumplings as tehy are finished and fill the remaining wrappers.

Bring water to boil under a steamer. Place the lettuce leaves on a heat-proof place and arrange the dumplings on the lettuce. Cover and steam for 10 minutes. Serve immediately with Spicy Soy Dipping Sauce.

Spicy Soy Dipping Sauce

Recipe By : Joanne Hush, Classic Chinese Cooking, pg 192
Serving Size : 24 Preparation Time :0:10
Categories : Sauces Appetizers
Chinese Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	bvegetable stock
1/2	cup	light soy sauce
1	tablespoon	rice wine or dry sherry
2	tablespoons	sesame oil
2	tablespoons	rice vinegar
1	tablespoon	sugar or honey
1	teaspoon	hot oil

Combine the ingredients in a small boil. Stir to dissolve the sugar, then cover and refrigerate until serving.

Spicy Vegetable Lo Mein

```
Recipe By     : Karin Levin, Vegetarian Times, pg 45
Serving Size  : 6    Preparation Time :0:30
Categories    : Chinese Dishes                    Main Course
                Pasta Dishes                      Vegetables
  Amount  Measure       Ingredient -- Preparation Method
-------  ------------  --------------------------------
   8      ounces        soba noodles (or other flat Asian noodle)
   2      teaspoons     hot chili oil
   2      teaspoons     ginger root -- grated
   2      cloves        garlic -- minced
   3 1/2  ounces        shiitake mushrooms, pkg -- caps thinly sliced
   1      medium        red bell pepper -- in short thin strips
   2      cups          bok choy -- chopped
     1/2  cup           canned vegetable broth
   6      ounces        sugar snap peas or snow pea pods
   2      tablespoons   tamari or soy sauce
   2      tablespoons   seasoned or regular rice vinegar
   1      tablespoon    dark-roasted sesame oil
     1/4  cup           chopped peanuts or cashews -- optional
```

Cook noodles according to package directions. Meanwhile, heat oil in large deep skillet or wok over medium heat. Add ginger and garlic; cook 30 seconds. Add mushrooms, bell pepper and bok choy; cook 3 minutes, stirring occasionally. Add broth and sugar snap peas; simmer until vegetables are crisp-tender, stirring occasionally, 3 to 5 minutes. Add tamari or soy sauce, and vinegar.

Drain noodles; add to skillet with vegetables. Add sesame oil; cook 1 minute, tossing well. Sprinkle with peanutes or cashews, if desired.

Spinach Ravioli

```
Recipe By     : Jean-Marc Fullsack
Serving Size  : 6    Preparation Time :0:45
Categories    : Appetizers                        Chinese Dishes
                Main Course                       Pasta Dishes
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
-------  ------------  --------------------------------
   1      cup           tomatoes -- peeled, seeded,diced
   1      small         onion -- oven roasted
   1      cup           mushrooms -- minced
   2      teaspoons     garlic -- minced
     1/2  pound         spinach leaves -- blanched, chopped
```

```
   1/4  cup            nonfat cottage cheese
   3/4  cup            tofu -- mashed
 2      tablespoons    fresh basil -- minced
                       freshly ground black pepper
                       salt -- to taste
48                     eggless pot sticker skins
```

In a large saucepan, combine the tomatoes, onion, mushrooms and garlic. Cook over medium heat until the liquid from the mushrooms comploetely evaporates abnd the mixture is somwhat dry. Be careful not to burn it. Set aside to cool.

In a large bowl, combine the tomato mixture, spinach, cottage cheese, tofu, and basil. Season to taste with pepper and salt.

On a cutting board, lay out a single layer of pot-sticker skins. Using a pastry brush, moisten the edges with water. Place 1 tablespoon of the spinach mixture onto the center of each skin. Cover with a second potsticker skin and press the edges together with the tines of a fork to seal.

Cook the ravioli in boiling water or vegetable stock for 3 minutes, or until the potsticker skin is al dente. Serve hot.

Spinach-Filled Won Tons

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 186
Serving Size  : 60   Preparation Time :0:45
Categories    : Vegetables                          Vegetarian
                Appetizers                          Chinese Dishes
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
  10      ounces        fresh spinach
   1      tablespoon    peanut oil
   1                    garlic cloves -- minced
     1/4  cup           onion -- minced
  10                    water chestnuts, minced -- rinsed drained
   1      pound         won-ton wrappers (about 60)
                        salt & pepper -- to taste
```

Wash the spinach thoroughly and trim any tough stems. Drain, then dry with paper towels or a salad spinner. Coarsely chop and set aside.

Place a wok over medium-high heat. When it begins to smoke, add the peanut oil, then the garlic and onion. Stir-fry 30 seconds. Add the spinach and water chestnuts and stir fry until the spinach is dry, about 3 minutes. Transfer the vegetables to a bowl and season with salt and pepper.

When the filling has cooled slightly, form the won tons. Dip you fingers in warm water and moisten the entire surface of a wrapper. Place 1 teaspoon of filling in the center of the wrapper and fold it in half. Press the edges to seal. Bring the ends together and moisten with water; press to seal. Cover and set aside the finished won tons while shaping the remainder.

Cook the won tons following the directions in the recipe - either in boiling water or soup stock until they are just tender, or deep-fry them in 3 to 4 cups of peanut oil until golden brown, about 3 minutes on each side.

NOTES : Makes 60 won tons. Won tons may be frozen after being shaped. Place on cookie sheet with sides not touching in the freezer. When completely frozen place in plastic air tight bag.

Steamed Vegetable Buns

```
Recipe By     : adapted from Classic Chinese Cooking by Joanne Hush
Serving Size  : 6    Preparation Time :3:00
Categories    : Appetizers                          Breads
                Chinese Dishes                      Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
    4       cups        flour
    1       tablespoon  sugar
    1       package     yeast
      1/2   cup         hot milk (120 - 130 degrees)
      3/4   cup         hot water (120 - 130 degrees)
    4       cloves      garlic -- minced
    2       tablespoons ginger -- minced
    1       cup         onions -- finely chopped
    1                   carrot -- minced
    3       cups        cabbage -- finely chopped
    1                   zucchini -- finely chopped
    2       cups        mushrooms -- finely chopped
    1 1/2   cups        bean sprouts -- chopped
    3       tablespoons peanut oil
    3       tablespoons dry wine
    2       tablespoons soy sauce
    1       tablespoon  hoisin sauce
    1 1/2   tablespoons chili paste
    1       tablespoon  cornstarch
    2       tablespoons water
   24       pieces      wax paper or aluminum foil (3"x3")
```

Mix 3 1/2 cups flour, sugar and yeast in a large bowl. In a small bowl, combine milk and water. Using a thermometer to verify temperature between 120 and 130 degrees. Add milk mixture to flour and stir until flour clumps. Turn dough onto lightly floured surface and knead for 10 minutes or until dough is smooth and elastic. Let rest for 15 minutes. Knead lightly for 1 minutes. Place dough in lightly greased large bowl to rise till doubled about 30-45 minutes.

FILLING: Meanwhile, combine wine, soy sauce, hoisin sauce, and chili paste in small bowl. Combine cornstarch and water in another small bowl. In hot wok add peanut oil. Stir fry garlic, ginger, and onions for 30 seconds. Add carrots, cabbage, zucchini and bean sprouts. Stir-fry 3 minutes. Add mushrooms and stir-fry for 4 minutes. Add soy sauce mixture and stir till bubbly. Briefly stir cornstarch and water; add to vegetables, stirring quickly while mixture thickens. Cook 1 minute and remove from heat to cool.

BUNS: When dough is doubled, punch down. Turn onto lightly floured surface and knead for 5 minutes. Split dough into quarters. Roll each quarter into 3-inch long cylinder. Split each cylinder into 6 pieces. Flatten and strech pieces to 3 1/2 to 4 inch circles. Place 1 tablespoon of filling in the center. Take up sides and pinch together in the middle. Place on wax paper with pinched side down on steamer rack. Place filled steamer rack and remaining filled buns in oven with 1 1/2 cups of boiling water to rise for 30 minutes. Steam for 20 minutes.

Stir-Fried Broccoli and Chinese Mushrooms

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 89
Serving Size  : 4    Preparation Time :0:30
Categories    : Chinese Dishes                      Vegetables
                Vegetarian
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
    6                   dried Chinese mushrooms
    1       bunch       fresh broccoli
      1/2   cup         mushroom soaking liquid
    2       tablespoons light soy sauce
    1       tablespoon  rice wine or dry sherry
    1       teaspoon    honey
    3       tablespoons peanut oil
    1       tablespoon  cornstarch
```

Soak the Chinese mushrooms in 2 cups of hot water for 30 minutes. Strain and reserve 1/2 cup of the soaking liquid for the sauce. Trim and discard the mushroom stems, and cut the caps in half. Set aside.

Rinse the broccoli and cut the tops into florets. Peel the stems and diagonally cut them in 1/2-inch slices. Mix the ingredients for the sauce in a small bowl, stirring to dissolve the sugar.

Place a wok over medium-high heat. When it is almost smoking, add the peanut oil. When the oil begins to smoke, add the broccoli and the mushrooms. Stir-fry 2 minutes, then pour in the sauce and bring to a boil. Cook 1 minute. While the vegetables are cooking, dissolve the cornstarch in 2 tablespoons of cold water. Pour into the wok and stir constantly until the sauce thickens, about 30 seconds. Serve immediately.

Stir-Fried Spinach with Tofu

```
Recipe By     : Joanne Hush, Classic Chinese Cooking, pg 144
Serving Size  : 6    Preparation Time :0:10
Categories    : Chinese Dishes                      Main Course
                Vegetables                          Vegetarian
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
    1       pound       fresh spinach
```

2	tablespoons	peanut oil
1	clove	garlic -- minced
1/2	teaspoon	salt
1/2	pound	firm tofu -- in 1/2" cubes
1	tablespoon	rice wine or dry sherry

Wash and thoroughly dry the spinach. Remove any tough stems. Place a wok over medium-high heat. When it begins to smoke, add the peanut oil and the garlic. Stir briefly, then add the spinach and salt. Stir-fry just until the spinach is wilted. about 1 minute. Gently stir in the tofu and sprinkle with rice wine. Cook until the tofu is heated through, about 1 minute. Serve immediately.

Sweet and Sour Dipping Sauce

Recipe By : Joanne Hush, Classic Chinese Cooking, pg 37
Serving Size : 6 Preparation Time :0:10
Categories : Appetizers Chinese Dishes
Sauces

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	bottled Major Grey's Chutney
1/4	cup	apricot preserves
1/4	cup	crushed pineapple
1/4	cup	applesauce
1/2	teaspoon	ginger -- minced
1	teaspoon	rice vinegar

Combine the ingredients for the sauce in a saucepan and heat just to blend, stirring often. Cool to room temperature and serve. Makes 1 1/4 cups.

Tofu, Cashews, and Vegetables

Recipe By : Joanne Hush, Classic Chinese Cooking, pg 138
Serving Size : 4 Preparation Time :0:30
Categories : Chinese Dishes Vegetables
Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	light soy sauce
1	tablespoon	water
1/2	teaspoon	cornstarch
2	teaspoons	honey
1	teaspoon	hot bean sauce
2	teaspoons	sweet bean sauce
3	tablespoons	peanut oil
1		carrot -- in 1/2" cubes
1		zucchini -- in 1/2" cubes
2 1/2	ounces	bamboo shoots -- in 1/2" cubes

8	ounces	tofu -- in 1/2" cubes
1/2	cup	frozen green peas
1/2	cup	roasted unsalted cashews

Combine the ingredients for the sauce in a small bowl. Stir to dissolve the sugar and cornstarch and set aside.

Place a wok over medium-high heat. When it begins to smoke, add the peanut oil, then the carrot. Stir-fry 30 seconds. Add teh zucchini, bamboo shoots, tofu, and peas; stir-fry 30 seconds. Stir in the cashews. Pour in the sauce and stir until it thickens, about 1 minute. Serve immediately.

Vegetable Fried Rice

Recipe By : Joanne Hush, Classic Chinese Cooking, pg 158
Serving Size : 6 Preparation Time :0:20
Categories : Cereals/Grains Chinese Dishes
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	light soy sauce
3	tablespoons	rice wine or dry sherry
1/2	teaspoon	salt
6	tablespoons	peanut oil
2		eggs -- lightly beaten
1		carrot -- in 1/2" cubes
1		red bell pepper -- in 1/2" cubes
1/2	cup	frozen peas
4	cups	cold cooked rice

Combine the ingredients for the sauce in a small bowl. Mix to blend well and set aside.

Place a small skillet over medium heat. When it begins to smoke, add 2 tablespoons of peanut oil and the lightly beaten eggs. Stir until the eggs are firm but moist. Transfer the eggs from the skillet to a small bowl and break them into small curds. Set aside.

Bring 1 quart of water to a boil in a small saucepan. Add the carrot and boil 1 minute. Drain and rinse in cold water. Drain again and reserve.

Place a wok over medium-high heat. When it begins to smoke, add the remaining 1/4 cup of peanut oil and the garlic. Stir briefly. Add the carrots, celery, red pepper, and peas. Stir-fry 1 minute. Stir in the rice and stir-fry 1 minute. Pour in the sauce and cook until the rice is heated through, about 5 minutes, stirring frequently. Serve hot.

American Dishes

A Pilgrim's Lentil Pottage

```
Recipe By     : Lillian Kayte, Vegetarian Times, Nov 95, pg 46
Serving Size  : 8    Preparation Time :1:00
Categories    : American                              Legumes
                Soups & Stews                         Vegetables
                Healthy And Hearty
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   2      teaspoons     olive oil
   2      cloves        garlic -- finely chopped
   1      medium        onion -- chopped
   8      cups          cold water
   1 1/2  cups          lentils -- rinsed and drained
   3      tablespoons   ketchup
     1/8  teaspoon      ground cloves
   1 1/2  teaspoons     salt and pepper -- or to taste
          dash          freshly ground black pepper
```

In a large soup kettle, heat oil over medium heat. Stir in garlic, carrots and onion. Cook, stirring constantly, until vegetables wilt but not brown.

Add water, lentils, ketchup, cloves and salt; cover and bring to a boil. Reduce heat to low and cook, stirring occasionally, 45 minutes or until lentils are tender. If soup gets too thick, add more water.

Reheat before serving, adding pepper. Add vinegar, wine or lemon juice for extra flavor.

NOTES : For a variation, refrigerate overnight to allow flavors to blend.

Baked French Fries

```
Recipe By     : Marie Oser, Veggie Life, Jul 95, pg 31
Serving Size  : 8    Preparation Time :0:50
Categories    : American                          Starchy Vegetables
                Vegetarian
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   4                    baking potatoes -- sliced into strips
                        pan spray
                        salt & pepper -- to taste
```

1. Preheat oven to 450 degrees. Soak potato strips in ice water for 15 minutes.

2. Pan spray two 9x13-inch cookie sheets. Drain potatoes, pat dry, and place on cookie sheets. Bake for 30 minutes, or until golden. Salt and pepper to taste.

Banana Muffins

Recipe By : "What to Eat When You're Expecting"
Serving Size : 18 Preparation Time :1:00
Categories : American Breads
Breakfast Cereals/Grains
Healthy And Hearty

Amount	Measure	Ingredient -- Preparation Method
3		very ripe bananas (about 1 1/2 cups puree)
1/2	cup	apple juice, frozen concentrate
2	tablespoons	apple juice, frozen concentrate
1	tablespoon	orange juice, frozen concentrate
2	tablespoons	vegetable oil
1	teaspoon	fresh lemon juice
1 1/4	cups	whole-wheat flour
3/4	cup	wheat germ
1 1/2	teaspoons	ground cinnamon
2	teaspoons	baking powder
3/4	cup	raisins or chopped dates
1/2	cup	walnuts -- coarsely chopped
2		egg whites

Preheat oven to 375 degrees.

Process the bananas, juice concentrates, oil, and lemon juice in a blender until smooth. Combine the flour, wheat germ, cinnamon, and baking powder in a mixer bowl.

Stir the banana mixture into the dry ingredients to make a thick batter; then stir in the raisins and walnuts.

Beat the egg whites until stiff. Gently fold into the batter.

Spoon the batter into 18 muffin cups coated with vegetable cooking spray. Bake for 20 to 25 minutes. Remove from the tins immediately.

2 muffins = 1 1/2 Whole-Grain servings; 1 Other Fruit serving.

Classic Black Bean Soup

Recipe By : Marilyn Diamond, American Vegetarian Cookbook, pg 207
Serving Size : 6 Preparation Time :3:30
Categories : American Healthy And Hearty
Legumes Main Course
Soups & Stews Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	black beans -- soaked overnight
12	cups	water
2	teaspoons	olive oil
1 1/2	cups	onion -- diced
2	teaspoons	garlic -- minced

1/2	cup	green onion -- diced
3/4	cup	carrot -- diced
3/4	cup	red bell pepper -- diced
2	teaspoons	ground sage
1		bay leaf
1	teaspoon	ground rock salt or salt-free seasoning
2	teaspoons	powdered vegetable broth (1 veg. buillion)
	dash	freshly ground pepper -- to taste

Discard soaking water from beans. Beans will have swollen to much more than 1 3/4 cups, so do not remeasure the soaked beans.

In large, heavy bottomed soup pot, heat olice oil or water and onion, garlic, green onion, carrot, and red pepper. Add sage and bay leaf and saute for several minutes or until onions begin to wilt. Add soaked and drained beans and fresh water. Bring to a boil and skim off any scum that may form on the top.

Reduce cooking temperature to low, cover soup and allow to cook for 3 hours, stirring occasionally and taking care that heat is low enough so that beans do not stick.

At end of cooking time, uncover and allow soup to continue cooking as you stir in salt, if desired, powdered vegetable broth and fresh pepper to taste. Discard bay leaf. Use hand blender to puree soup to desired consistency, breaking down only about half the beans, or transfer half the soup to a blender, puree and return to soup pot. Adjust seasonings.

Corn Berry Muffins

Recipe By : "What to Eat When You're Expecting"
Serving Size : 12 Preparation Time :0:45
Categories : American Breads
Breakfast Cereals/Grains
Healthy And Hearty

Amount	Measure	Ingredient -- Preparation Method
1	cup	whole-grain cornmeal
1/2	cup	whole-wheat flour
1/4	cup	wheat germ
1 1/2	teaspoons	baking soda
2/3	cup	low-fat buttermilk
1/4	cup	apple juice, frozen concentrate
3	tablespoons	apple juice, frozen concentrate
2		egg whites -- lightly beaten
1/4	cup	vegetable oil
1 2/3	cups	fresh or frozen blueberries (or raisins)
		vegetable cooking spray

Preheat oven to 400 degrees.

Combine the cornmeal, flour, wheat germ, and baking soda in a mixing bowl. Beat the buttermilk, juice concentrate, egg whites, and oil in separate bowl. Add the liquid ingredients to the dry ingredients and blend well with a few strokes.

Fold in the blueberries or raisins until distributed evenly.

Spoon the batter into 12 muffin cups coated with vegetable cooking spray. Bake until lightly browned, about 20 minutes. Remove from the tins immediately.

2 muffins = 1 Whole Grain Serving

Cranberry-Orange Relish

```
Recipe By     : Lillian Kayte, Vegetarian Times, Nov 95, pg 48
Serving Size  : 1    Preparation Time :0:45
Categories    : American                          Fruit
                Salsa & Chutneys                  Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1      pound         fresh or frozen cranberries
   1                    thin-skinned organic orange. no seeds -- washed and
cut
   2      cups          sugar
```

TWO DAYS BEFORE:

Combine cranberries and orange in bowl of food processor. Chop into fine small bits being careful not to over puree. Transfer mixture to a large mixing bowl; add sugar and stir well. Transfer mixture to a jar; cover tightly. Allow to macerate in the refrigerator 2 days before using. Makes about 3 1/2 cups.

NOTES : When using unpeeled oranges or zest in recipes, use organic fruit to avoid possible pesticide residue on the fruit skin. If organic oranges are not available, scrub orange thoroughly before using.

Cranberry-Pineapple Relish

```
Recipe By     : Lillian Kayte, Vegetarian Times, Nov 95, pg 48
Serving Size  : 1    Preparation Time :0:45
Categories    : American                          Fruit
                Salsa & Chutneys                  Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1      pound         fresh or frozen cranberries
   1      cup           pineapple -- chopped
   2      cups          sugar
```

TWO DAYS BEFORE:

Combine cranberries and pineapple in bowl of food processor. Chop into fine small bits being careful not to over puree. Transfer mixture to a large mixing bowl; add sugar and stir well. Transfer mixture to a jar; cover tightly. Allow to macerate in the refrigerator 2 days before using. Makes about 3 1/2 cups.

Crisp Candied Sweet Potatoes

```
Recipe By     : Lillian Kayte, Vegetarian Times, Nov 95, pg 46
Serving Size  : 8    Preparation Time :1:00
Categories    : American                          Starchy Vegetables
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   6      large         sweet potato
   2      tablespoons   margarine
     3/4  cup           dark brown sugar
     1/2  cup           water
          pinch         salt
          pinch         ground ginger
```

Place potatoes in a large pan; cover with cold water. Bring to a boil; cook 10 minutes. Plunge potatoes into cold water to stop cooking. When cool enough to handle, peel and discard skin. Cut potatoes into thick slices or chunks; refrigerate. (If desired, this can be done the day before.)

In a large nonstick skillet, melt margarine. Add brown sugar, water, salt, and ginger. Bring to a simmer; add half of potato slices in one layer. Cook at a slow boil over medium heat until potatoes are brown and crisp around edges. Turn; brown other side. With a slotted spoon, transfer potatoes to a platter; reserve in a warm place near the stove. Add remaining potatoes to skillet; cook as the first batch. Serve immediately.

Double Crust Pie Pastry

```
Recipe By     : Betty Crocker New CookBook, front inside cover
Serving Size  : 16   Preparation Time :0:20
Categories    : American                            Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   2      cups          flour
   1      teaspoon      salt
     2/3  cup           margarine
   7      tablespoons   cold water
```

Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Fluffy Garlic Mashed Potatoes

```
Recipe By     : Lillian Kayte, Vegetarian Times, Nov 95, pg 46
Serving Size  : 8    Preparation Time :1:40
Categories    : American                          Starchy Vegetables
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
```

1	large	head garlic, split in half horizontally
1	teaspoon	olive oil
3	large	baking potatoes -- peeled & quartered
3	tablespoons	low-fat margarine
1	cup	low-fat milk or soymilk
		salt -- to taste
1/4	teaspoon	ground white pepper

Preheat oven to 350 degrees.

Drizzle garlic with oil. Wrap securely in foil; roast 30 to 40 minutes, or until soft. Cool, then squeeze garlic out of skins; refrigerate. Discard skins. (If desired, garlic can be roasted the day before.)

Cover potatoes with water, add salt and bring to a boil. cover; cook 20 to 30 minutes, or until fork-tender. Drain; reserve cooking water. Mash potatoes well. Add garlic, margarine, salt, pepper and milk or soymilk. Whip potatoes, adding reserved cooking liquid 1/4 cup at a time until potatoes are fluffy and light but still hold shape.

Hearty Split Pea Soup with Beans and Barley

```
Recipe By     : Marilyn Diamond, American Vegetarian Cookbook, pg 206
Serving Size  : 6    Preparation Time :3:00
Categories    : American                              Cereals/Grains
                Healthy And Hearty                    Legumes
                Main Course                           Soups & Stews
                Vegetables
```

Amount	Measure	Ingredient -- Preparation Method
14	cups	water
2	cups	onions -- diced
1 1/2	cups	carrots -- diced
2	cups	celery -- diced
2/3	cup	fresh parsley -- minced
4		green onion -- thinly sliced
2	cloves	garlic -- minced
1	medium	zucchini -- quartered & sliced
1/3	cup	green split peas
1/3	cup	yellow split peas
2 1/2	tablespoons	barley
2	tablespoons	baby lima beans or other tiny white beans
3	tablespoons	ajuki beans
1	tablespoon	powdered vegetable broth
	dash	seasoned salt or any salt-free seasoning
	dash	freshly ground pepper

Bring water to a boil in a large soup pot. Add the ingredients in the order given, except for teh salt and pepper, which can be added at the end o fthe cooking time.

Return soup to a boil, skimming off any foam or scum that comes to the surface with a large spoon. (Repeat this skimming process several times in the first half-hour of cooking, until no more scum forms.) Cover and reduce heat to medium-low.

Simmer soup for 2 1/2 hours, stirring periodically to ensure that the barley isn't sticking. At end of cooking time, adjust seasonings to taste.

Pumpkin Pie

```
Recipe By     : Betty Crocker New CookBook, pg 282
Serving Size  : 8    Preparation Time :1:00
Categories    : Desserts                          Vegetables
                American
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/4  cups          flour
     1/2  teaspoon      salt
     1/3  cup           margarine
   4      tablespoons   cold water
  16      ounces        pumpkin (1 can)
     3/4  cup           sugar
1         teaspoon      ground cinnamon
     1/2  teaspoon      salt
     1/2  teaspoon      ground ginger
3                       egg
  5 1/3  ounces        evaporated milk
     1/2  cup           milk
```

PASTRY DOUGH: Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Preheat oven to 375 degrees.

PIE FILLING: In a large mixing bowl combine pumpkin, sugar, cinnamon, ginger, nutmeg, and salt. Add eggs; with a fork, lightly beat eggs into pumpkin mixture. Add the evaporated milk and milk; mix well. Place a pastry-lined 9-inch pie plate on oven rack; pour in pumpkin mixture. Cover edge of pie with foil. Bake for 25 minutes. Remove foil; bake for 25 to 30 minutes more or till a knife inserted off-center comes out clean. Cool. Cover and chill to store. Serves 8.

Single Crust Pie Pastry

```
Recipe By     : Betty Crocker New CookBook, front inside cover
Serving Size  : 8    Preparation Time :0:15
Categories    : American                          Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/4  cups          flour
     1/2  teaspoon      salt
     1/3  cup           margarine
   4      tablespoons   cold water
```

Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Super Soy Burgers

```
Recipe By     : Marie Oser, Veggie Life, Jul 95, pg 29
Serving Size  : 8    Preparation Time :0:50
Categories    : Legumes                          Vegetarian
                Diner And Grill                  American
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
                        Pan spray
1 1/2     cups          soybeans -- cooked and mashed
  3/4     cup           brown rice -- cooked
1                       egg
3         tablespoons   soy sauce
5                       scallion -- minced
1         tablespoon    nutritional yeast
1         tablespoon    cornstarch
2         tablespoons   dijon mustard
2         tablespoons   fresh mixed herbs -- chopped
                        salt & pepper -- to taste
```

1. Preheat oven to 400 degrees.

2. In a large bowl, thoroughly combine all ingredients. Let rest for 15 minutes.

3. Form mixture into 8 patties. Place on cookie sheet and bake for 30 minutes, or until golden brown.

NOTES : Makes 8 4-ounce patties.

Variety of Recipes

Banana Rice Pudding

```
Recipe By     : Dean Ornish, Eat More, Weigh Less,  pg 361
Serving Size  : 6    Preparation Time :0:40
```

```
Categories    : Cereals/Grains                    Desserts
                Fruit                             Breakfast
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/2  cups          brown rice -- cooked
   1      cup           nonfat milk
   1      medium        banana -- cut in slices
   1      can           fruit (15-ounce can) -- cut in slices
     1/4  cup           water
   2      tablespoons   honey
   1      teaspoon      pure vanilla extract
     1/2  teaspoon      ground cinnamon
     1/2  teaspoon      ground nutmeg
```

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes. Serve warm.

Banana-Nut Muffins

```
Recipe By     : Betty Crocker New CookBook, pg 87
Serving Size  : 10   Preparation Time :0:45
Categories    : Breads                            Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 3/4  cups          flour
     1/4  cup           sugar
   2      teaspoons     baking powder
     1/2  teaspoon      salt
   1                    egg -- beaten
     1/2  cup           milk
     1/3  cup           cooking oil
   1      cup           bananas -- mashed
     1/2  cup           chopped nuts
```

Preheat oven to 400 degrees. In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Add blueberries and stir just till moistened; batter should be lumpy. Grease muffin cups or line with paper bake cups; fill 2/3 full. Bake for 20 to 25 minutes or till golden. Remove from pans; serve warm. Makes 10 to 12 muffins.

Cashew Chili

```
Recipe By     : Paulette Mitchell, Veg. Menu Cookbook, pg 110
Serving Size  : 8    Preparation Time :1:30
Categories    : Main Course                       Legumes
                Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
```

3		tablespoons	butter
1		medium	onion -- chopped
2		stalks	celery -- chopped
2		cups	cooked kidney beans -- drained
1	1/2	cups	tomato sauce (2 8-ounce cans)
2		teaspoons	chili powder
3		drops	hot pepper sauce
1		teaspoon	ground cumin
2		cloves	garlic -- minced
1		teaspoon	dried basil
1		teaspoon	dried oregano
1			bay leaf
	1/2	teaspoon	pepper
1		cup	raisins
1		cup	whole raw cashews
			Monterey Jack or cheddar cheese -- grated

In a large saucepan or Dutch oven, melt the butter. Saute the onion, green pepper, and celery until crisp-tender, about 10 minutes. Add the beans, tomato sauce, corn, tomatoes, chili powder, pepper sauce, cumin, garlic basil, oregano, bay leaf, and pepper. bring to a boil; reduce heat and simmer 30 minutes to blend flavors.

Stir in the raisins and cashews; continue to simmer until the raisins are plump and the cashews are tender, about 20 minutes. To serve, ladle into bowls and top each serving with grated cheese. Serve with additional cheese.

Classic Black Bean Soup

Recipe By : Marilyn Diamond, American Vegetarian Cookbook, pg 207
Serving Size : 6 Preparation Time :3:30
Categories : American Healthy And Hearty
Legumes Main Course
Soups & Stews Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	3/4 cups	black beans -- soaked overnight
12		cups water
2		teaspoons olive oil
1	1/2 cups	onion -- diced
2		teaspoons garlic -- minced
	1/2 cup	green onion -- diced
	3/4 cup	carrot -- diced
	3/4 cup	red bell pepper -- diced
2		teaspoons ground sage
1		bay leaf
1		teaspoon ground rock salt or salt-free seasoning
2		teaspoons powdered vegetable broth (1 veg. buillion)
		dash freshly ground pepper -- to taste

Discard soaking water from beans. Beans will have swollen to much more than 1 3/4 cups, so do not remeasure the soaked beans. In large, heavy bottomed soup pot, heat olice oil or water and onion, garlic, green onion, carrot, and red pepper. Add sage and bay leaf and saute for several minutes or until onions begin to wilt. Add soaked and drained beans and fresh water. Bring to a

boil and skim off any scum that may form on the top. Reduce cooking temperature to low, cover soup and allow to cook for 3 hours, stirring occasionally and taking care that heat is low enough so that beans do not stick. At end of cooking time, uncover and allow soup to continue cooking as you stir in salt, if desired, powdered vegetable broth and fresh pepper to taste. Discard bay leaf. Use hand blender to puree soup to desired consistency, breaking down only about half the beans, or transfer half the soup to a blender, puree and return to soup pot. Adjust seasonings.

Green Pea-Carrot Soup

```
Recipe By     : Paulette Mitchell, Veg. Menu Cookbook, pg 82
Serving Size  : 6    Preparation Time :1:00
Categories    : Soups & Stews                        Vegetables
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/2  cups          water
2         pounds        peas, shelled or 6 cups frozen peas
  1/4     cup           onion -- chopped
  1/4     teaspoon      white pepper
1         tablespoon    honey
2         tablespoons   whole wheat flour
2         cups          milk or light cream
  1/4     teaspoon      ground nutmeg
2         cups          sliced carrots -- steamed lightly
  3/4     cup           yogurt
```

In a large saucepan or Dutch oven, bring the water to a boi. Add the peas, onion, pepper, and honey. Return to a boil; reduce heat to low, cover, and cook for 20 minutes. Pour 2 cups of the water-and-pea mixture into a food processor or blender. Process until smooth. Pour into a large bowl or saucepan and set aside. Puree another 2 cups of the mixture. Repeat the steps until all the mixture has been pureed. (The puree may be stored up to 2 days, if desired.)

When ready to serve the soup, pour the pureed mixture into a saucepan and heat slowly over low heat. In a small bowl, mix the flour, milk, and nutmeg; stir until smooth. Add this mixture to the warmed soup. Increase heat to medium and stir constantly until mixture just reaches the boiling point, but be careful not to boil Stir in the carrot slices and continue to heat the mixture for 5 minutes over low heat. Taste for seasonings and consistency. For a thinner soup, add more milk. Ladle into soup bowls; garnish each serving with a dollop of yogurt; serve immediately.

My Favorite Granola

```
Recipe By     : Debbie Meadows
Serving Size  : 1    Preparation Time :0:45
Categories    : Breakfast                            Cereals/Grains
                Fruit                                Healthy And Hearty
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   4      cups          rolled oats
   1      cup           wheat germ
     1/2  cup           nonfat dry milk
   1      cup           nuts -- chopped
```

3	tablespoons	nutritional yeast
1	cup	hot water
1/3	cup	honey
1/4	cup	molasses
2	teaspoons	vanilla extract
1	cup	dried fruit -- chopped

Preheat oven to 350 degrees. In a large bowl, mix together oats, wheat germ, dry milk, nuts and nutritional yeast. In a small bowl, stir together hot water, honey, molasses, and vanilla. Add to dry mixture, stir thoroughly. Spread mixture evenly on lightly greased baking sheet. Bake, stirring frequently, until lightly browned, about 30 minutes. Sprinkle with fruit and allow to cool. When completely cooled, store granola in covered containers. Serving Ideas : Serve with milk or yogurt and fresh fruit.

Spinach Lasagna

Recipe By :
Serving Size : 6 Preparation Time :1:30
Categories : American Main Course
Pasta Dishes

Amount	Measure	Ingredient -- Preparation Method
2	packages	chopped frozen spinach, 10 oz size -- thawed and drained
32	ounces	spaghetti sauce
3	cans	8 oz tomato sauce
1	pound	box of lasagna noodles
20	ounces	shredded mozarella
10	ounces	shredded cheddar cheese
32	ounces	small curd cottage cheese
3		eggs

Preheat oven to 350 degrees. Thoroughly drain spinach. Mix together spinach, cottage cheese and eggs in medium bowl. Set aside. Set aside one can of the sauce. Set aside 8 ounces of mozarella cheese. In large roasting pan (about 11Wx16Dx3H), layer the ingredients (about 3-4 layers) in the following order: spaghetti and tomato sauce, lasagna noodles, spinach mixture, mozarella cheese, cheddar cheese. Finish off the top with reserved tomato sauce. Sprinkle on reserved mozarella cheese. Bake for 45 minutes or until a knife or fork can easily be inserted in noodles. Allow to firm for 15 minutes before serving. NOTES : Recipe is great for company. Leftovers can be frozen for convenient meals later.

Spinach-Stuffed Tomatoes

Recipe By :
Serving Size : 4 Preparation Time :0:45
Categories : Vegetables

Amount	Measure	Ingredient -- Preparation Method
10	ounces	package frozen spinach
4	medium	tomatoes -- firm
1	cup	mozzarella cheese -- shredded

1/4	cup	onions -- finely minced
1/4	cup	grated parmesan cheese
1/2	teaspoon	salt
1/8	teaspoon	pepper
2	tablespoons	parsley -- minced

Cook unopened spinach on high for 4 minutes. Let stand 5 minutes, drain well and squeeze dry. Put in large bowl. Slice and hollow out centers of tomatoes. Discard seeds. Chop pulp finely and add to spinach. Invert tomatoes shells on paper towels to drain. Preheat oven to 350 degrees.

Add 1/2 cup mozzarella cheese, onion, parmesan, salt & pepper to spinach mixture and blend well. Spoon evenly into shells. Sprinkle with remaining mozzarella and parsely. Arrange in 8-inch round glass or ceramic baking dish & cook at 350 degrees for 6 minutes or until heated through.

Tex-Mex Rice & Beam Bake Recipe!

Tex-Mex Rice and Bean Bake

2 cups cooked brown or white rice
1/4 cup fat-free cholersteral free egg product
1 1/2 cups picante sauce
1 cup shredded reduced fat chedder cheese (4 ounces)
1 can (15-16 oz) pinto beans, drained
1/4 tsp chili powder

Heat oven to 350 degrees. Spray square baking dish, 8x8x2 inches, with nonstick cooking spray. Mix rece, egg product, 1/2 cup of the picante sauce and 1/2 cup of the cheese; press in bottom of baking dish.

Mix beans and remaining 1 cup picante sauce; spoon over rice mixture. Sjprinkle with remaining 1/2 cup cheese and the chili powder. Bake uncovered 30-35 minutes or until cheese is melted and bubbly. Let stand 5 minutes before serving. 6 servings

Recipe provided by Butch & Briana Johnson

Vegetarian Sausage

BIONIC BREAKFAST SAUSAGES

Serving Size : 8
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
------- ----------- ------------------------------
1 cup Raw bulgur wheat* -- cooked
1/4 cup Gluten or whole wheat flour
1 1/2 teaspoons Ener-G egg replacer mixed -- well with 2 T. water
1 tablespoon Nutritional yeast
2 tablespoons Tamari
1 teaspoon Dried basil leaves
1/2 teaspoon Poultry seasoning
1/2 teaspoon Paprika
1/2 teaspoon Sage
1/2 teaspoon Garlic powder
1/2 teaspoon Black pepper
1/4 teaspoon Crushed dried red pepper -- flakes
*To cook bulgur wheat: Put one cup bulgur wheat in a saucepan with 2 1/2 cups water and one teaspoon salt. Bring to a boil, then turn down to medium-low and simmer for 20 to 25 minutes. Remove from hat and let stand for 10 minutes before using.
In a bowl, mix cooked bulgur wheat and gluten or whole wheat flour well.
Add nutritional yeast to egg replacer and water; mix into bulgur mixture.
Add tamari and the rest of the seasonings, mixing well.
Form into patties and saute in a little vegetable oil in a nonstick skillet on medium-high heat for about 5 minutes on each side. OR bake them on a greased cookie sheet in a 350 degree F. oven for 20 to 25 minutes or until crispy brown on the outside.

BLACK BEAN SAUSAGE WITH TOFU AND FRESH CORN
Serving Size : 8
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
------- ----------- ------------------------------
2 small Shallots
3 large Cloves garlic
1 bn Fresh cilantro
3/4 cup Vegetable stock
2 ounces Plain unflavored gelatin

1 tablespoon Vegetable oil
2 cups Cooked black beans
1/2 teaspoon Salt
1/2 teaspoon Ground white pepper
1/2 medium Green bell pepper
1 small Carrot -- peeled
1/4 cup Firm tofu
1/4 cup Fresh corn kernels
Mince the shallows and garlic. Chop the cilantro. Set aside.
Heat oil in a heavy saute pan over moderate heat. When oil is hot, add the shallots and garlic. Saute for 2 to 3 minutes or until tender. Set aside to cool.
Place the beans, salt, and white pepper in a food processor fitted with a metal blade and process until beans are pureed.
Transfer to a large bowl.
To make garnis, remove seeds and membrane from the bell pepper.
Cut the pepper and carrot into very small (1/8 in.) dice.
Heat oil in a saute pan over moderate heat. When oil is hot, add pepper and carrots and saute for 2 to 3 minutes or until tender. Cool _completely_.
Drain and towel dry tofu. Cut the tofu into very small (1/8 in.) dice. Add tofu, corn, and cooled sauteed vegetables to bean mixture, stirring to combine. Transfer to a bowl.
Pour stock into a double boiler. Sprinkle the surface with gelatin and allow it to _bloom_ for about 10 minutes. Heat gelatin to a syrupy consistency over water that is 100 to 110 degees F. Remove and allow gelatin to thicken slightly.
Set the bowl of bean/vegetable misture into a large bowl filled with ice and stir occasionally as it cools. Add the gelatin.
folding to combine, and continue stirring until thickened and well chilled.
To assemble sausage, spoon mixture onto a sheet of plastic wrap in a long line. Roll up (like a cigar), twisting the ends closed and securing with butcher's twine, if desired. Chill 3 or 4 hours or overnight.
To serve, remove plastic and cut on the bias into 1/2-inch- thick slices.

BULGHUR WHEAT "SAUSAGE" PATTIES
Serving Size : 8
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
------- ---------- ------------------------------
2 cups Cooked AM Bulghur Wheat
1/4 cup AM Whole Wheat Flour
1 tablespoon Crushed basil leaves
1 Egg
3/4 teaspoon Sage
3/4 teaspoon Poultry seasoning
Sea salt to taste (optional)
Oil or non-stick spray
Mix the bulghur wheat, egg, whole wheat flour, basil, sage, poultry seasoning and salt together.
Form into patties and roll in whole wheat flour. Fry in a small amount of oil until lightly

browned. These may be wrapped in individual packages and reheated. Cook like hamburger meat or add to casseroles in place of meat.
Variation: Form into cocktail size balls, before cooking and serve with sweet and sour sauce.
NOTES:
1) 3/4 cup of grated cheddar cheese can be added.
2) Mixture forms better when slightly chilled Source: Arrowhead Mills "The Natural Way to Start Your Day" tri-fold Reprinted by permission of Arrowhead Mills, Inc.
Electronic format courtesy of: Karen Mintzias

HERBAL BEAN SAUSAGES
Serving Size : 12
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
-------- ----------- ------------------------------
2 cups Cooked pinto beans
1/2 cup Whole wheat breadcrumbs
1/2 cup Onion -- minced
1 Garlic clove -- minced
1/2 cup Tomato sauce
1/8 teaspoon Fennel seed -- crushed
1/8 teaspoon Dried red pepper
1/8 teaspoon Dried basil -- -OR-
1/2 teaspoon -Fresh basil
1 1/2 teaspoons Chopped fresh parsley
Salt -- to taste
-----MUSHROOM-RED PEPPER SAUCE-----
1 Red bell pepper -- minced
1/8 cup Vegetable broth or water -- OR- more as needed
4 large Mushrooms -- minced
1/4 cup Onion -- minced
Salt -- to taste
1/8 teaspoon Celery seed
1/2 teaspoon Chopped fresh oregano
1 dash Black pepper
Whole wheat flour
These plant-based sausages taste great, contain no added fat except the vegetable oil they're fried in, and are easy to make. These ingredients yield fairly mild sausages; after you've tried them, adjust the seasonings to please your palate.
DIRECTIONS: Combine all ingredients in a mixing bowl, mix thoroughly, and shape into 1- to 2-inch sausages. Saute in a small amount of vegetable oil until crisp, or place in a baking pan and broil, turning when edges are slightly crisp. Serve with Mushroom-Red Pepper Sauce (below).
MUSHROOM-RED PEPPER SAUCE: Cook red pepper in vegetable broth for 5 to 7 minutes until tender. Add mushrooms, onion, salt, celery seed, oregano, and black pepper. Cook 5 minutes longer or until onion is transparent.

Quickly whisk in enough flour to just thicken the sauce, about 2 tablespoons at a time. Immediately remove from burner. Do not overcook, or flour will cake. If needed, add more vegetable broth or water. Serve over sausages, whole grains, or vegetables.
* Source: Karen Iacobbo, in The Herb Companion, October/November 1993 * Typed for you by Karen Mintzias

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SAUSAGE PATTIES
Serving Size : 2
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
------- ----------- ------------------------------
8 ounces Tempeh
-----REGULAR SEASONINGS-----
1/2 teaspoon Sage
1/2 teaspoon Marjoram
1/2 teaspoon Thyme
1/2 teaspoon Cumin
2 tablespoons -Warm water
2 tablespoons Soy sauce
2 tablespoons Oil
-----ITALIAN SAUSAGE SEASONINGS-----
2 Garlic cloves -- pressed
1/2 teaspoon Red pepper flakes
1 teaspoon Oregano
1/4 teaspoon Black pepper
2 tablespoons Flour
2 tablespoons Oil
2 tablespoons Soy sauce
Steam tempeh for 15 minutes. Cool, grate on coarse side of grater. Mix together dry seasonings, then stir in water, oil and soy sauce. Press firmly into thin patties. Fry in a little oil until browned on both sides.
Italian Sausage: Grate the steamed tempeh. Mix together dry seasonings.
Combine tempeh, dry seasonings, oil and soy sauce. Press into thin patties or crumble on top of pizza before it is baked.
From The Farm Vegetarian Cookbook. Uploaded by Nan Blanchard

VEGETABLE SAUSAGE (HOY JAW)
Serving Size : 4
Categories : Vegetarian Sausage
Amount Measure Ingredient -- Preparation Method
------- ----------- ------------------------------
1 tablespoon Flour
2 tablespoons -Water
1 teaspoon Coarsely chopped garlic
1 teaspoon Coriander root -- - (coarsely chopped)
1 teaspoon Whole black peppercorns

2 tablespoons Oil
2 ounces Taro -- peeled
and coarsely chopped
1 Carrot (more if desired) -- - coarsely chopped
1/2 cup Water chestnuts -- - coarsely chopped
2 ounces Pre-soaked Chinese mushrooms -- - coarsely chopped
1/2 cup Beansprouts -- coarsly chopped
2 tablespoons Light soy sauce
1 teaspoon Sugar
3 large Beancurd sheets
Oil -- for deep-frying
-----TO GARNISH-----
Lettuce
Mint leaves
Mix the flour and water to form a paste and set aside. In a mortar pound together the garlic, coriander root and peppercorns to form a paste. Heat the oil and briefly fry the garlic paste, then add all the remaining ingredients down to and including the sugar, stirring constantly. Add the flour and water paste and stir to thicken. Remove from the heat and leave to cool.
Drain the beancurd sheets and spread out on a flat surface. Place a line of the cooled filling along one edge of each sheet and roll to form a long sausage. Place the 3 sausages in a steamer and steam for 15 minutes.
Remove and leave to cool.
When ready to serve, deep-fry the sausages until golden brown, drain and slice into 1/4-inch (6 mm) rounds and serve on a bed of lettuce and mint leaves with Plum Sauce.
Vatcharin Bhumichitr "Thai Vegetarian Cooking"

Dessert

Apricot Whip

```
Recipe By     : Paulette Mitchell, Veg. Menu Cookbook, pg 133
Serving Size  : 6    Preparation Time :0:30
Categories    : Desserts                              Fruit
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/2  cups          dried apricots
   1 1/2  cups          yogurt
   2      tablespoons   honey
   2      tablespoons   chopped pecans
```

Cover apricots with hot water and soak for 30 minutes. Drain well.

In a food processor or blender, combine the apricots, hogurt, and honey. Process until smooth. Chill.

NOTES : To serve, sprinkle nuts on each portion.

Baked Brie wrapped in Pastry

```
Recipe By     :
Serving Size  : 8    Preparation Time :1:00
Categories    : Appetizers                          Breads
                Desserts                            Fruit
                Pies
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
     3/4  cup           flour
     1/4  cup           butter -- softened
3         ounces        cream cheese (1 package) -- softened
8         ounces        Brie (1 round)
1                       egg
1         teaspoon      water
                        Apple slices
                        crackers
```

In a large mixer bowl, combine flour, butter and cream cheese. Beat at low speed, scraping bowl often, until mixture forms a dough, 2 to 3 minutes; shape into ball. Wrap tightly in plastic wrap; refrigerate, 30 to 60 minutes.

Heat oven to 400 degrees.

Divide pastry in half. On lightly floured surface, roll out each half of dough to 1/8-inch thickness. Cut a 7 inch circle from each half. Place one circle on cookie sheet. Place Brie cheese on center of pastry circle and top with other pastry circle. Pinch edges of pastry to seal. Flute edges as desired. Decorate top with small pastry cut-outs. In small bowl beat egg with water; brush over top and sides of pastry. Bake for 15 to 20 minutes or until golden brown. Remove from cookie sheet immediately. Let stand 30 minutes to allow cheese to set. Cut into small wedges and serve with apple slices and crackers. Makes 8 servings.

Banana Rice Pudding

```
Recipe By     : Dean Ornish, Eat More, Weigh Less,  pg 361
Serving Size  : 6    Preparation Time :0:40
Categories    : Cereals/Grains                      Desserts
                Fruit                               Breakfast
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/2  cups          brown rice -- cooked
   1      cup           nonfat milk
   1      medium        banana -- cut in slices
   1      can           fruit (15-ounce can) -- cut in slices
     1/4  cup           water
   2      tablespoons   honey
```

1	teaspoon	pure vanilla extract
1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground nutmeg

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a biol, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy.

Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes. Serve warm.

Banana-Nut Muffins

Recipe By : Betty Crocker New CookBook, pg 87
Serving Size : 10 Preparation Time :0:45
Categories : Breads Desserts

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	flour
1/4	cup	sugar
2	teaspoons	baking powder
1/2	teaspoon	salt
1		egg -- beaten
1/2	cup	milk
1/3	cup	cooking oil
1	cup	bananas -- mashed
1/2	cup	chopped nuts

Preheat oven to 400 degrees.

In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Add blueberries and stir just till moistened; batter should be lumpy. Grease muffin cups or line with paper bake cups; fill 2/3 full. Bake for 20 to 25 minutes or till golden. Remove from pans; serve warm. Makes 10 to 12 muffins.

Blueberry Muffins

Recipe By : Betty Crocker New CookBook, pg 87
Serving Size : 10 Preparation Time :0:45
Categories : Breads Desserts

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	flour
1/4	cup	sugar
2	tablespoons	sugar
2	teaspoons	baking powder
1/2	teaspoon	salt
1		egg -- beaten
3/4	cup	milk
1/3	cup	cooking oil
3/4	cup	fresh or frozen blueberries -- thawed

Preheat oven to 400 degrees.

In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Add blueberries and stir just till moistened; batter should be lumpy. Grease muffin cups or line with paper bake cups; fill 2/3 full. Bake for 20 to 25 minutes or till golden. Remove from pans; serve warm. Makes 10 to 12 muffins.

Cantaloupe Melba

```
Recipe By     :
Serving Size  : 8    Preparation Time :0:00
Categories    : Desserts                          Vegetarian
                Fruit
  Amount  Measure       Ingredient -- Preparation Method
-------  -----------  --------------------------------
   2      cups         Fresh raspberries*
     1/3  cup          Sugar
   2      tablespoons  Orange-flavored liqueur**
   2      each         Cantaloupes
   3      cups         Raspberry sherbet
```

* Or unsweetened frozen raspberries, defrosted **Or raspberry-flavored brandy (optional)

In a blender or food processor, whirl raspberries until pureed. Pour through a sieve to remove seeds. Stir sugar and liqueur (if used) into puree and mix well; cover and chill.

Halve cantaloupes and remove seeds; peel and cut into thin slices.

Line each of 8 small dessert bowls or goblets with 3 or 4 melon slices.

Top melon with a scoop of sherbet and pour 2 tablespoons chilled raspberry sauce over sherbet.

Raspberry sherbet in goblets lined with sliced cantaloupe and topped with Melba sauce would make a memorable finale for a menu featuring an egg and cheese dish.

Per Serving (including liqueur): 2 grams protein, 45 grams carbohydrate, no cholesterol, 186 calories.

Cheese Cake

```
Recipe By     : Uta Robinson
Serving Size  : 1    Preparation Time :1:30
Categories    : Desserts
  Amount  Measure       Ingredient -- Preparation Method
-------  -----------  --------------------------------
 100      grams        butter
 100      grams        sugar
 100      grams        margarine
   2                   eggs
```

1	teaspoon	vanilla extract
200	grams	flour
1 1/2	teaspoons	baking powder
	dash	milk
8	ounces	cream cheese
500	grams	cottage cheese -- small curd
8	ounces	sour cream
200	grams	sugar
2		egg
3		egg whites
3		egg yolks
5	tablespoons	cornstarch
5	tablespoons	flour

Mix together butter, sugar, margarine, eggs, vanilla extract, flour, baking and dash milk till smooth. Line form with wax paper and smooth dough along sides and bottom of form.

Preheat oven to 350 degrees.

Mix cottage cheese, cream cheese, and sugar. Then add 2 whole eggs and 3 egg yolks. In a separate bowl, beat 3 egg whites until stiff. Fold gently into cheese filling.

Add cheese filling to form. Bake at 350 degrees for 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool upside down on cooling rack. When cool invert onto serving platter.

Cranberry Muffins

Recipe By : Betty Crocker New CookBook, pg 87
Serving Size : 10 Preparation Time :0:45
Categories : Breads Desserts

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	flour
1/2	cup	sugar
2	teaspoons	baking powder
1/2	teaspoon	salt
1		egg -- beaten
3/4	cup	milk
1/3	cup	cooking oil
1	cup	fresh or frozen cranberries -- coarsely chopped

Preheat oven to 400 degrees.

In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Add cranberries and stir just till moistened; batter should be lumpy. Grease muffin cups or line with paper bake cups; fill 2/3 full. Bake for 20 to 25 minutes or till golden. Remove from pans; serve warm. Makes 10 to 12 muffins.

Double Crust Pie Pastry

```
Recipe By     : Betty Crocker New CookBook, front inside cover
Serving Size  : 16   Preparation Time :0:20
Categories    : American                              Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   2      cups          flour
   1      teaspoon      salt
     2/3  cup           margarine
   7      tablespoons   cold water
```

Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Napolean's Hutchen

```
Recipe By     : Uta Robinson
Serving Size  : 1    Preparation Time :0:45
Categories    : Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
 250      grams         flour (about 2 cups)
   3                    egg yolks
 125      grams         sugar (about 1 1/2 cups)
 125      grams         margarine
   3                    egg whites
 125      grams         almonds (about 2 cups) -- finely ground
  80      grams         sugar (about 1/4 to 1/2 cup)
```

Mix together first four ingredients: flour, egg yolks, sugar and margarine in a large bowl. Knead well on lightly floured surface. Set aside.

Beat egg whites till stiff. In separate bowl mix together almonds and sugar. Fold into egg whites until nearly smooth.

Preheat oven to 325 degrees.

Roll out dough, cut circles. Put teaspoon of filling into each circle and pinch together to make a hat. Keep rolling remaining dough to cut circles till dough is gone. Place hats on lightly greased cookie sheet and bake for 15 to 20 minutes or until lightly browned.

NOTES : One - 1/2 cup - stick of margarine is approximately equal to 110 grams.

Pecan-Topped Brie

```
Recipe By     : Paulette Mitchell, Veg. Menu Cookbook
Serving Size  : 6    Preparation Time :0:30
Categories    : Appetizers                           Desserts
```

Amount	Measure	Ingredient -- Preparation Method
8	ounces	Brie -- whole cheese
2	teaspoons	butter -- melted
1/4	cup	pecan halves
2		apples -- cut in wedges
2		pears -- cut in wedges

Preheat oven to 350 degrees.

Place Brie in a 6-inch round baking dish; brush with melted butter. Arrange pecan halves decoratively on top. Bake just until cheese begins to melt, 10 to 15 minutes. To serve, scoop up with apple or pear wedges, or spread on slices of bread.

Pumpkin Pie

Recipe By : Betty Crocker New CookBook, pg 282
Serving Size : 8 Preparation Time :1:00
Categories : Desserts Vegetables
American

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	flour
1/2	teaspoon	salt
1/3	cup	margarine
4	tablespoons	cold water
16	ounces	pumpkin (1 can)
3/4	cup	sugar
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/2	teaspoon	ground ginger
3		egg
5 1/3	ounces	evaporated milk
1/2	cup	milk

PASTRY DOUGH: Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Preheat oven to 375 degrees.

PIE FILLING: In a large mixing bowl combine pumpkin, sugar, cinnamon, ginger, nutmeg, and salt. Add eggs; with a fork, lightly beat eggs into pumpkin mixture. Add the evaporated milk and milk; mix well. Place a pastry-lined 9-inch pie plate on oven rack; pour in pumpkin mixture. Cover edge of pie with foil. Bake for 25 minutes. Remove foil; bake for 25 to 30 minutes more or till a knife inserted off-center comes out clean. Cool. Cover and chill to store. Serves 8.

Single Crust Pie Pastry

```
Recipe By     : Betty Crocker New CookBook, front inside cover
Serving Size  : 8    Preparation Time :0:15
Categories    : American                           Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/4  cups          flour
     1/2  teaspoon      salt
     1/3  cup           margarine
   4      tablespoons   cold water
```

Stir together flour and salt. Cut in margarine till pieces are the size of samll peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful not to stretch pastry. Trim pastry.

Spritz

```
Recipe By     : Uta Robinson
Serving Size  : 1    Preparation Time :1:30
Categories    : Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1 1/2  cups          butter or margarine
     3/4  cup           sugar
   1                    egg
   2      tablespoons   milk
   1      teaspoon      vanilla extract
     1/2  teaspoon      almond extract
   4      cups          flour
   1      teaspoon      baking powder
```

Preheat oven to 400 degrees.

Cream butter and sugar. Add egg, vanilla, and almond extracts. Beat well. Add flour and baking powder gradually mixing well. Force dough through cookie press into ungreased cookie sheet. Bake about 7 to 8 minutes. Cool

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Stollen

```
Recipe By     : Uta Robinson
Serving Size  : 1    Preparation Time :1:30
Categories    : Desserts
  Amount  Measure       Ingredient -- Preparation Method
--------  ------------  --------------------------------
   1      pound         flour
 125      grams         sugar (1/2 cup)
 125      grams         margarine
   1 1/2  teaspoons     vanilla extract
   2      teaspoons     baking powder
   2                    eggs
```

125	grams	raisins
125	grams	corinthen (special raisins)
1/2	pound	cottage cheese (small curd)
125	grams	nuts (1 1/2 cups)

On a large mixing surface, mix together flour, sugar, and baking powder. In a well in the center, place the margarine, vanilla extract, and eggs. With a sharp knife cut up and miix the margarine pieces in the mixture till dough is consistency of peas.

Preheat oven to 325 degrees.

Add on top the raisins, corinthen, cottage cheese and nuts. Mix and then knead together well. Form into one large loaf or two small loaves. Place on lightly greased cookie sheet with aluminum foil inbetween loaves. Brush lightly with melted butter. Bake for 1 hour. Brush once or twice more during baking

Low Fat Recipes

CARROTS (CALIFORNIA ORANGE STYLE)

Serving Size : 6
Categories : Vegetarian Fat-Free Low-Fat

Amount Measure Ingredient -- Preparation Method

------- ---------- ------------------------------

1 pound Carrots -- peel & slice 1/4"
1/2 teaspoon Salt -- optional
3/4 cup Water
1 teaspoon Orange peel -- grated
1 Orange sections -- peeled and -- into bite-size piece
1 tablespoon Green onion; minced -- optiona

Butter buds. -- sprinkle

Preparation Time: 0:45 In lg saucepan, cook carrots, covered in salted water until crisp-tender, about 20 min.

Drain
Add orange peel, orange sections and onion.
Sprinkle with Butter Buds.

Heat through.
Serve immediately.

CHOCOLATE GRAND MARNIER SOUFFLE

Serving Size : 8

Categories : Desserts Low-Fat Vegetarian

Amount Measure Ingredient -- Preparation Method

-------- ----------- ------------------------------

1 cup Chocolate or carob chips
1 pound Firm tofu (water packed)
1/2 cup Cocoa or carob powder
3/4 cup Honey
3 tablespoons Grand marnier
1 teaspoon Vanilla
1/2 cup Soy milk
1/2 cup Unbleached white flour
1 teaspoon Baking powder`

Preheat oven to 350F. Place chocolate chips or carob in a bowl & place it in hot water to melt stirring with a spoon. Place remaining ingredients in a food processor & blend till smooth & creamy. Add melted chocolate & puree a few moments. Pour into a very lightly oiled 1-quart souffle dish.

Bake for 40 to 45 minutes, or until the souffle has completely puffed up.

Cool for 5 minutes.

CHUNKY LEEK AND POTATO SOUP

Serving Size : 2

Categories : Low-Fat Vegetarian

Amount Measure Ingredient -- Preparation Method

-------- ----------- ------------------------------

1/2 pound Potatoes
1 pint Cold water
1 medium Leek
1 Garlic clove
1/2 medium Onion
1/4 tablespoon Oil
1/2 teaspoon Yeast extract
1/2 teaspoon Ground black pepper
1 Bay leaf
1/4 teaspoon Caraway seed
1 Celery stalk

Peel and cube the potatoes Place in a large bowl with the cold water Leave to one side Top and tail the leeks, then slice into chunks Wash in a bowl of cold water, drain and rinse Leave to drain in a colander Finely chop the onion Saute the garlic and onions in a large deep saucepan in the oil until tender. Add the potatoes and the water they have been sitting in. Increase the heat bringing the liquid to a rolling boil Add the yeast extract Stir well, reduce heat and add the leeks, black pepper, bay leaves and caraway seed. Stir well for 1-2 minutes Add the celery to the soup and simmer for a further 15 minutes. Serve hot.

ACORN SQUASH WITH WEHANI RICE & PECAN STUFFING

Serving Size : 6

Categories : Vegetables Low-Fat Side Dish Vegetarian

Amount Measure Ingredient -- Preparation Method

------- ---------- ------------------------------

3 Acorn squash
2 cups Wehani rice or rice blend
4 cups Water
1 tablespoon Tamari
1 tablespoon Soy margarine or butter
1 cup Carrot -- diced
1 cup Celery -- diced
1 cup Onion -- diced
1/4 teaspoon Dried thyme
1/2 teaspoon Fresh ginger -- minced
2 tablespoons Pecan pieces
1 tablespoon Orange zest -- minced
Sea salt
Freshly ground black pepper

-----GLAZE-----

1 cup Orange juice
1 tablespoon Honey or barley malt
1/4 teaspoon Cinnamon

Halve squash lengthwise. Seed, then steam for 20 minutes (squash will not be fully cooked). Set aside. (May be prepared one day ahead. Refrigerate.)

Bring water and tamari to a boil in a 2-quart saucepan over medium-high heat. Add rice and return to a boil. Reduce heat and simmer, covered, until liquid is absorbed and rice is tender. (Rice may be cooked up to 2 days ahead; refrigerate until used.)

For Stuffing: In a large skillet, saute carrots, celery, onion, thyme and ginger in margarine or butter until onions are golden. Thoroughly toss in pecans, orange zest and rice. Season with salt and pepper to taste. Remove from heat and set aside. (Stuffing may be prepared 1 day ahead and refrigerated.)

Put glaze ingredients into a small jar and shake vigorously to combine.

Keep refrigerated until ready to use. (Glaze may be prepared a day ahead.)

One hour before serving, preheat oven to 375 F. Mound stuffing mixture into each squash half to about 2 inches over top of squash. Place stuffed squash halves in a baking pan filled with 1/2 cup of water. Drizzle some glaze over stuffing and brush onto squash. Cover with foil and bake 20 minutes.

Drizzle remaining glaze over squash, and continue baking, uncovered, for another 20 minutes until glazed and lightly browned. Serve immediately.

Calories per serving: 326 Grams of fat: 5 % fat calories: 14 Cholesterol: 0 mg. Grams of fiber: 5.8

Adapted from a recipe in Delicious! magazine (November 1994) Typed for you by Karen Mintzias

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APPLE-CARROT MUFFINS

Serving Size : 9

Categories : Vegetarian Low-Fat

Amount Measure Ingredient -- Preparation Method

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1 large Granny Smith apple
3 medium Carrots -- peeled
3 Egg whites -- lightly beaten
2 tablespoons Canola oil
1/4 cup Unsweetened applesauce
1/2 cup Dark brown sugar
1 teaspoon Vanilla
3/4 cup Flour
1 1/2 teaspoons Baking soda
1 1/2 teaspoons Baking powder
1 teaspoon Cinnamon
1/2 teaspoon Nutmeg
1/4 teaspoon Cloves
1/4 teaspoon Salt
1/3 cup Quick-cooking oatmeal
2/3 cup Dark or golden raisins
1/2 cup Grape Nuts cereal

1. Preheat oven to 350 degrees. Spray nine regular-sized muffin cups with vegetable cooking spray and set aside.

2. Cut the apple into quarters and remove the core. Coarsely grate the apple and carrots, either by hand or with a food processor. Combine with the lightly beaten egg whites, oil, applesauce, brown sugar and vanilla.

3. Sift together the flour, soda, baking powder, cinnamon, nutmeg, cloves and salt. Stir into the moist ingredients. Add the oatmeal, raisins and cereal. Spoon in the prepared muffin tins, filling to the top.

4. Bake 30 minutes, until the muffins test clean. Cool a few minutes in the pan before unmolding onto a cooling rack.

ASPARAGUS GUACAMOLE

Serving Size : 1

Categories : Vegetarian Low-Fat

Amount Measure Ingredient -- Preparation Method

------- ---------- ------------------------------

1 pound Asparaus spears (cut into 1 Inch lengths) 2 cups
3/4 cup Water

2 tablespoons Plain nonfat yogurt
1 tablespoon Lemon juice
1 medium Tomato -- seeded and chopped (1 cup)
2 tablespoons Sliced green onion
1 teaspoon Ground cumin
1 Clove garlic minced
1/2 teaspoon Dried oregano
1/4 teaspoon Salt
1/4 teaspoon Cayenne

Combine asparagus and water in a 2-quart saucepan. Bring to a boil over medium-high heat to medium-low. Simmer 8-110 minutes, or until asparagus is tender. Rinse with cold water; drain. Blot asparagus with paper towel to remove excess moisture. Combine asparagus, yogurt and lemon juice in a food processor or blender. Process until smooth. In a medium mixing bowl, combine asparagus mixture and remaining ingredients. Chill, if desired.

Serve with raw veggies or tortilla chips. Makes 12 servings. Per serving:

12 cal.; 1 gm. fat

Converted to MM by Donna Webster Donna@webster.demon.co.uk Submitted By DONNA@WEBSTER.DEMON.CO.UK

BAKED APPLES AND CHESTNUT PUREE

Serving Size : 6

Categories : Desserts Bakery Low-Fat Vegetarian

Amount Measure Ingredient -- Preparation Method

-------- ---------- ------------------------------

1 pound Fresh chestnuts OR
1 1/2 cups Canned or bottled chestnuts -- -OR
4 ounces Dried chestnuts -- cooked

1/3 cup Soy milk
1/3 cup Apple juice
5 tablespoons Maple syrup
1 teaspoon Cinnamon
1/4 teaspoon Nutmeg
1/3 cup Raisins or currants
6 each Sweet apples

Few tb lemon juice
Additional cinnamon
3/4 cup White wine
3 tablespoons Margarine
1 each Cinnamon stick
Mint leaves & thin orange -- - slices for garnish

Preheat oven to 350F. To prepare fresh chestnuts, cook covered, in water, for 20 minutes till expanded & lighter in colour. To prepare canned chestnuts, cook in their liquid till heated through. To prepare dried chestnuts, cook according to package directions.

Drain & rinse hot chestnuts under cold water. Cut off flat part with a sharp knife & scoop nut meat with a spoon. In a food processor, combine chestnut meat with soy milk, juice, 4 tb maple syrup, 1 ts cinnamon & nutmeg. Fold in raisins or currants.

Peel apples & remove core from top, leaving the bottom intact.

Hollow out the apple leaving a 1/2" shell. Brush shell with lemon juice to prevent discoloration. Sprinkle inside with a little cinnamon. Chop scooped out apple & mix with the chestnut puree.

Fill apple shells with chestnut-apple stuffing. Place in a grease proof dish & pour wine & remaining syrup around the base of the apples. Add margarine & cinnamon stick to the pan.

Bake 30 to 40 minutes, basting occasionally with the wine mixture.

Garnish & serve.

BAKED NOODLES WITH SPINACH & YOGURT

Serving Size : 2

Categories : Casseroles Low-Fat Vegetarian

Amount Measure Ingredient -- Preparation Method

-------- ----------- ------------------------------

4 ounces Noodles
1 1/2 teaspoons Salt
1 1/2 quarts Water -- boiling
8 ounces Yogurt
1/2 cup Cheese -- cottage
10 ounces Spinach; frozen -- thawed

2 tablespoons Onions -- chopped
1/2 cup Cheese, cheddar -- shredded

Gradually add noodles and salt to rapidly boiling water so that water continues to boil; cook, uncovered, stirring occasionally, until tender. Drain noodles in colander. Preheat oven to 400. Combine yogurt and cottage cheese; combine noodles, spinach and onion with cottage cheese mixture. Pour into a 1-quart baking dish; top with Cheddar cheese. Cover and bake 20-25 minutes. Uncover and bake until cheese is melted and brown.

BEAN-AND-CORN CHILI OVER PUFFED TORTILLA

Serving Size : 4

Categories : Low-Fat Vegetarian

Amount Measure Ingredient -- Preparation Method

------- ---------- ------------------------------

Soft flour tortillas -- 7" dia pkg for ones with -- no lard

1 cup Onion -- chopped
20 milliliters Garlic -- finely chopped
1/2 teaspoon Vegetable oil
14 ounces Italian-style plum tomatoes -- drained
3/4 teaspoon Ground cumin
1/8 teaspoon Fresh ground black pepper
1/8 teaspoon Red pepper flakes
15 1/4 ounces Kidney beans -- (reserve 1/4c liquid)

4 ounces Mild green chilies -- chopped
-= =or=-
1/2 teaspoon Fresh jalapeno pepper

1 cup Frozen whole-kernel corn -- thawed
3 ounces Monterey Jack Cheese -- lowfat

Arrange tortillas on foil-lined baking sheet. Watching carefully, bake tortillas at 450F for 4 to 5 minutes until puffed and lightly golden.

Reserve. Saute onion and garlic in oil in a 12-inch nonstick skillet over medium heat for 3 to 4 minutes. Add tomatoes, cumin, black pepper, red pepper, kidney beans and reserved liquid, and 1/2 of the green chilies.

Simmer for 5 minutes, stirring often. Add corn and cook 1 minute longer.

Place a tortilla on each plate. Mound about 3/4 c of chili over each.

Sprinkle each with 1/4 of the cheese. Serve accompanied by the remaining green chilies.

BEANS 'N RICE SKILLET

Serving Size : 6

Categories : Vegetarian Low-Fat

Amount Measure Ingredient -- Preparation Method

------- ---------- ------------------------------

-----SAUCE-----

1 cup Water
1/2 cup Thick and chunky salsa
2 (8 oz) cans no-salt-added
Tomato sauce
1 1/2 cups Uncooked instant white rice
1 cup Frozen whole kernel corn
1 cup Chopped red bell pepper
15 ounces Can black beans -- drained And rinsed

Combine sauce ingredients in large skillet; mix well. Bring to a boil.

Stir in all remaining ingredients. Reduce heat to low; cover and simmer about 10 minutes or until rice is cooked and vegetables are tender.

BLACK BEAN & RICE SALAD

Serving Size : 4

Categories : Salads Main Dish Low-Fat Vegetarian Ovo-Lacto

Amount Measure Ingredient -- Preparation Method

--- --- ---

2 cups Cooked rice -- cooled to room temperature
1 cup Cooked black beans
1 cup Chopped fresh tomato
2 ounces Cheddar cheese (optional) -- - shredded
1 tablespoon Snipped fresh parsley
1/4 cup Light Italian dressing
1 tablespoon Fresh lime juice
Lettuce leaves

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

Each serving provides:

* 209 calories * 7.4 g. protein * 0.7 g. fat * 45.1 g. carbohydrate * 3.2 g. dietary fiber * 560 mg. sodium * 0 mg. cholesterol

NOTE: Optional ingredients are omitted from the nutritional analysis.

When ingredient choices appear in a recipe, the first ingredient is used for calculation.

Source: "Light, Lean & Low Fat" booklet Reprinted with permission from USA Rice Council Electronic format courtesy of Karen Mintzias

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BLACK BEAN CHILAQUILES

Serving Size : 8

Categories : Vegetarian Low-Fat

Amount Measure Ingredient -- Preparation Method

--- --- ---

12 Corn Tortillas
1 Onion chopped
10 fluid ounces Stock
3 Cloves garlic crushed
1/2 teaspoon Cayenne pepper
1/2 teaspoon Ground cumin seed
1/2 teaspoon Chilli powder
2 pounds Cooked black beans -- or 3s (14 oz each) kidney -- beans drained

15 fluid ounces Tomato sauce flavoured with -- pinch each of cayenn
8 ounces Mozarella cheese finely -- shredded
6 tablespoons Parmesan cheese
Chopped fresh coriander
Lime wedges

1. Pre-heat oven to 300 degrees F, 150 degrees C, gas mark 2.

2. Bake the tortillas directly on the oven shelf for 15 to 20 minutes, turning once until crisp right through. They will break with a clean snap. Break into coarse pieces and set aside.

3. Spread onion pieces out in a heavy frying pan. Cook over moderate heat without stirring until the onions are sizzling and beginning to stick to the pan. Stir in the stock and let it bubble up, stirring up the browned deposits in the pan as it bubbles. Stir in the garlic and the spices. Turn the heat down and simmer, stirring frequently until the mixture is thick, not at all soupy, and the onions and spices are frying in their own juices. Don't rush this step. It is essential that the spices should not have a harsh raw taste.

4. Stir in the black beans and heat gently. Mash roughly while still in the pan, with a potato masher. You want a rough lumpy mixture, not a smooth puree. Set aside.

5. In a gratin dish spread a layer of a third of the tortilla pieces.

Spread a layer of the black beans over the tortillas and spread a third of the tomato sauce over the black beans. Sprinkle with one third of the cheeses. Repeat this, ending with a layer of the beans, sauce and cheeses.

6. Bake for 30 minutes covered. Uncover, and bake for 5 to 10 minutes more. Serve garnished with lime wedges.

BLACK FOREST CAKE

Serving Size : 12
Categories : Desserts Low-Fat Vegetarian
Amount Measure Ingredient -- Preparation Method
-------- ----------- ------------------------------
-----CAKE-----
1 cup Water
1 cup Honey
1/2 cup Applesauce
1 teaspoon Vanilla
1 teaspoon Vinegar
2 cups Wholewheat pastry flour or -- - unbleached white flour
3/4 cup Cocoa powder

1 tablespoon Baking powder
1 teaspoon Baking soda
-----SYRUP-----
1/2 cup Water
1/4 cup Honey
2 each Thin lemon or orange slices
1/3 cup Kirsch
-----ICING-----
3/4 cup Raw cashews
3/4 cup Water
2 teaspoons Vanilla
1/2 cup Honey
10 ounces Firm tofu
3 ounces Semi-sweet chocolate -- melted
16 ounces Jar pitted cherries -- drained
CAKE: Preheat oven to 350F. Combine liquid ingredients in a large bowl & whisk well. Sift dry ingredients together & whisk into liquid mixture.
Pour into greased & floured 9" cake tin & bake for 35 minutes or until springy.
Cool cake completely & remove from pan. With a serrated knife, cut cake horizontally to make 3 thin layers.
SYRUP: Combine first 3 ingredients in a small pot & boil for 3 minutes.
Let cool & then add kirsch.
ICING: In a blender, combine cashews, water & vanilla. Blend till smooth & creamy. Add honey & tofu & blend again. Set aside 2 c for the vanilla icing to go on top & sides of cake. To the rest of the mixture, add melted chocolate & 3 tb of syrup. Blend till smooth. Chill both icings before using.
TO ASSEMBLE: Carefully remove the top two layers of cake. Brush some syrup onto bottom layer & spread half of chocolate icing over it. Place the middle cake layer on top & brush with syrup & icing. Put down a layer of cherries & dot with a little vanilla icing to help the top layer stick.
Place the top layer on the cherries & brush again with syrup. Frost top & sides with vanilla icing. Decorate with cherries & pipe rosettes if desired.
Chill several hours before serving. The cake can be kept covered if not being served till the following day. However, the frosting may discolour after about 3 days.
(Return to Recipe Index)

BLACK-EYED PEAS AND BARLEY PILAF
Serving Size : 4
Categories : Main Dish Vegetarian Low-Fat
Amount Measure Ingredient -- Preparation Method
------- ---------- ------------------------------
2 cups Frozen peas -- thawed
3/4 cup Quick cooking barley
1/4 cup Parsley -- chopped
1/4 cup Onion -- chopped
1 teaspoon Thyme

1/2 teaspoon Salt
15 ounces Black eyed peas -- cooked
14 1/2 ounces Vegetable broth
Combine all ingredients in large skillet or saucepan. Bring to a boil.
Reduce heat; cover and simmer 15-20 minutes or until barley is tender.
(Return to Recipe Index)

BLACK-EYED PEAS WITH SPINACH
Serving Size : 1
Categories : Vegetarian Low-Fat
Amount Measure Ingredient -- Preparation Method
------- ----------- ------------------------------
1 medium Onion -- chopped
Vegetable broth for Sauteeing
10 ounces Fresh spinach, rinsed
Stemmed and coarsely chopped
(I think frozen Would be fine)
3 cups Drained black-eyed peas (two 16 ounces Cans)
Ground black pepper to Taste
pn Cayenne or crushed red Pepper flakes (optional)
In a large skillet, saute the onions in the broth for a few minutes, until soft. Add the spinach to the skillet. Stir for a minute or two until it wilts. Add the black-eyed peas, black pepper, and cayenne if desired.
Bring to a simmer on medium heat. Serve right away, or cover and keep warm on low heat.

Pumkin Bread Recipes

PUMPKIN BREAD
Makes 2 loaves.
•3 1/2 cups all-purpose flour
•2 tsp. baking soda
•1 1/2 tsp. salt
•2 tsp. cinnamon
•2 tsp. nutmeg
•3 cups sugar
•4 eggs, beaten
•2 cups of fresh pumpkin --> 16 ounces if using canned pumpkin
•2/3 cup water --> if pumpkin is canned
•1/2 cup water --> if pumpkin is fresh or frozen
•1 cup vegetable oil •1 cup chopped pecans
Preheat oven to 350 F. Combine flour, soda, salt, cinnamon, nutmeg and sugar in large mixing bowl. Add eggs, water, oil and pumpkin. Stir until blended. Add nuts. Mix well. Pour into two

9x5" loaf pans. Bake 1 hour. Cool slightly and take out of pans to let cool on a rack. This tastes best if you wrap, refrigerate and wait a day to eat it. It keeps well in the refrigerator and can be frozen.
Recipe provided by Maryanne Cox

Spinach Dish Recipes

Spanakopita

3 pkg. chopped frozen spinach, thawed & very well drained in a sieve
1/2 lb. butter, melted
4 eggs
pinch of parsley
1/2 lb. feta cheese
1/2 lb. cottage cheese
salt (optional)
minced onion for flavour
1 tsp. dill
1/2 lb. phyllo leaves
melted butter for phyllo

Mix first 8 ingredients together. Butter the bottom of a 9" x 13" pan. Place 4 phyllo leaves on the bottom, buttering after each. Place 1/2 spinach mix on phyllo leaves , then place 4 more phyllo leaves on top, buttering each leaf. Place remainder of spinach and place 4 more leaves on top, buttering each layer. Turn edges of phyllo under, toward the rim of the pan. Butter top layer. Bake moderately hot 375F oven for 30 minutes or until golden.

Recipe provide by Olson

Spinach Balls

2 - 10oz. pkg. frozen chopped spinach, thawed
1 pkg. Stove-Top stuffing, mixed to pkg. directions
1 c. Parmesan cheese
dash nutmeg

6 eggs, beaten
1/3 c. melted butter

* Mix all ingredients together
* Form into walnut-sized balls
* Place on lightly greased cookie sheet and bake 400°F for 10-15 min. until firm. or 20 balls can be microwaved on Medium-High for 5 minutes. Serve with mustard sauce, below.

The spinach balls may be frozen either before or after baking.

Mustard Sauce

1/3 c. dry mustard
1/2 c. vinegar
1/2 c. sugar
1 egg yolk

* Combine all ingredients in saucepan and simmer until slightly thickened.
* Can be covered & stored in refrigerator for up to a month

Recipe provide by Olson

Lots of Bread Recipes

SPELT BREAD

Servings : 1
Categories : Breads Vegetarian
2 cups Spelt flour
1 package Quick-rising dry yeast
2 tablespoons Sugar or other granular, sweetener
of salt
2/3 cup Very warm soy milk
2 tablespoons Melted margarine

In large bowl, combine flour, yeast, sugar, and salt. Stir in soy milk and 1 Tablespoon melted margarine until dough forms. Turn dough out onto floured board and knead about 3 minutes or until smooth.
Grease mixing bowl and place dough in bowl, turning to coat lightly. Cover and place in warm

spot away from drafts. Let rise about 30 minutes.
Heat oven to 350 degrees. Place dough on greased baking sheet, or, if desired, bake in greased 8- x 4-inch loaf pan. Brush with remaining tablespoon of melted margarine and bake about 25 minutes or until golden and loaf sounds hollow when tapped on top.

SPICY BROWN BREAD

Servings : 1
Categories : Breads Quick Vegetarian

3/4	cup AM Blue Cornmeal
3/4	cup AM Whole Wheat Pastry Flour
2	teaspoons Non-alum baking powder
1/4	teaspoon Sea salt (optional)
2	tablespoons Carob powder
1/2	teaspoon Cinnamon
1/2	teaspoon Ginger
1/2	teaspoon Nutmeg
3/4	cup Milk or soymilk
1/2	cup Unsulphured molasses
1	teaspoon Lemon extract

Combine dry and liquid ingredients in separate bowls, then stir together until smooth. Batter seems thin but it will thicken. Pour batter into oiled pan. Bake at 350 F. for 20 minutes or until knife test proves done.
This recipe will make 6 large cupcakes or one 8 inch square pan.
Source: Arrowhead Mills "Blue Cornmeal Recipes" tri-fold Reprinted by permission of Arrowhead Mills, Inc.
Electronic format courtesy of: Karen Mintzias

SPINACH & STILTON PANCAKES

Servings : 18
Categories : Breads Cheese/Eggs Vegetarian Pancakes Breakfast

	-----FOR THE PANCAKES-----
2	ounces Buckwheat flour
2	ounces Plain white flour
2	Eggs
2	tablespoons Butter, melted
1/4	pint Milk
1/4	pint Water

	-----FOR THE FILLING-----
2	pounds Fresh spinich
1	large Onion
3	ounces Stilton cheese
2	ounces Walnut pieces
	Butter
1	Garlic sliver
	-----FOR THE SAUCE-----
1	ounce Butter
1	ounce Plain white flour
1/2	pint Stock
1/4	pint Double cream
2	tablespoons Freshly grated Parmesan
1	teaspoon (heaped) Dijon mustard

Make a smooth batter with the flours, eggs, milk and water, then stir in the cool melted butter for extra richness and to prevent sticking during cooking. Use a 6-inch pan and make thin pancakes in the usual way, but be sure to stir the batter vigorously in between making each pancake or all the buckwheat flour will sink to the bottom of the mixture. If preparing ahead, cool the pancakes then stack them (interleaved with greaseproof paper) and wrap in a foil parcel.
To make the filling, wash and boil or steam the spinach until just tender.
Chop it and squeeze out all the liquid (save the juices for a soup). Chop the onion finely and sweat it in a knob of butter until it's deliciously soft. Stir in the spinach, season with a little salt, lots of pepper and the garlic. Toast the walnuts and crumbled Stilton into the spinach mixture to give it savoury flavour and bite. Stuff the pancakes with the mixture, roll them up neatly and pile them into a lightly buttered gratin dish. Cover with foil and heat through in the oven for 25-30 minutes at 400 F (200 C) gas mark 6.
Make a smooth rich sauce with the butter, flour, stock (preferably good chicken stock) and cream. Let it simmer for about 5 minutes, stirring once or twice, then season with the cheese, mustard and salt and pepper. If the sauce is made ahead, reheat it in a double-boiler for serving, then pour it over the dish of pancakes just before bringing to table.
Source: Philippa Davenport in "Country Living" (British), February 1988.
Typed for you by Karen Mintzias

STEAMED CORN "PONES"

Servings : 18
Categories : Mcdougall Breads Vegetarian

1	Basic Masa Dough Recipe
18	Corn Husks or Parchment Pap.

Follow instructions for making masa dough in "Tamales: Basic Procedure: Gently roll each 1" piece of dough into a thick cigar shape. Place dough lengthwise on one edge of a softened corn husk and wrap, leaving one side open. Place tamales on stacked steamer trays.

Cover and stam for 40-45 minutes over rapidly boiling water. Add more water to the pot as needed to create steam Remove from steamer and serve warm.
** Hints: Dip pones in soup, black bean sauce or refried beans. Top with your favorate pasta sauce *** Vegetarian Gourmet, Summer 1993, Don Matesz ***

SUPER FAST BREAD RECIPE

Servings : 1
Categories : Breads Sandwiches Vegetarian
3 cups Flour *see note below
1 2/3 cups ;water, cold
1 teaspoon Salt
1 tablespoon Yeast, dry
1 tablespoon Honey
: Heat 3 cups of flour for 2 minutes in the microwave.
: While that's happening, measure the water. Add salt, dry yeast and a dollop of honey. It looks like a mess, but don't worry about it.
: Quickly take the hot flour and mix in the water combo with an electric mixer. It should be sticky and gooey. If your mixer is having trouble, just add more water. Mix it around as long as you want.
: Now, cover it, put it in a cool place, go away and ignore it. Go to work, take a walk, go to sleep, whatever. If you happen to pass the poor neglected thing during the day, pound it around a little with a wet spoon. If you are going to ignore it for more than 8 hours, put it in the refrigerator. If you are in a hurry, ignore the ignoring part and proceed to the next step.
: Pound your sticky dough around with a wet spoon to pop all the bubbles, then slop it into a well oiled bread pan (do not whisper sweet nothings in its ear). Set a timer and let the dough rise in a warm spot for 10 minutes. If it was kept in the refrigerator, let it sit a little longer. Set your timer again for 10 minutes and turn on your oven at 350 degrees. When it's hot, put the bread in and set the timer for 50 minutes.

Select Recipes - Breakfast

Eating breakfast out? Try a bowl of grits or oatmeal, hashbrowns, a bagel or toast with jelly, or a fruit cup. Take along your own dairy-free margarine or a cream cheese substitute. For breakfast at home, try these ideas:

• Fry up some sliced boiled potatoes and onions for homemade home fries. Serve with soy bacon or sausage.

• Surf the Web for vegan recipes for French toast, Spanish omelettes, and even crêpes.

• Try a toasted bagel with Tofutti brand Better Than Cream Cheese.

• You can find vegan cereal anywhere—just serve it with soy or rice milk instead of cow's milk!

• Check packages of pancake and waffle mixes—many are vegan—just add soy milk and/or egg replacer.

• Some Kellogg's Pop Tarts (without icing) are vegan, as are Pepperidge Farm's apple and cherry turnovers.

• Eggs are cholesterol bombs, so try scrambling tofu instead.

Breakfast Scramble

PHOTO: STEVE LEE
HOME ECONOMICS
TOWN OF DAVID

1 Tbsp. vegetable oil
1/2 lb. sausage substitute, such as Gimme Lean, crumbled
1/2 onion, diced
2 cloves garlic, minced
1 lb. firm tofu, drained and crumbled
1 tomato, diced
1 tsp. turmeric
1/2 tsp. garlic salt
2 green onions, minced

Heat the oil in a skillet. Add the sausage substitute, onion, and garlic and fry until browned. Add the tofu, tomato, turmeric, and garlic salt and sauté for 5 minutes. Add green onions during the last minute of cooking.

Makes 4 servings.

Select Recipes - Lunch or Dinner

Dining out for lunch or dinner is a snap. Most restaurants serve at least one vegetarian meal, and many will adapt an entrée for you. Look for salads, baked potatoes, rice or pasta dishes with vegetables or a meat-free tomato sauce, Thai and Indian curries, bean burritos, falafel, and pizza with lots of vegetables but no cheese. You may even find a veggie burger on the menu!

Crunchy Vegetable Wraps

4 Tbsp. nondairy cream cheese
(try Tofutti brand)
4 10-inch flour tortillas
1 cup shredded spinach
1/4 cup alfalfa sprouts
1/2 cup shredded red cabbage
1/2 cup sliced avocado
1/4 cup chopped tomatoes
1/2 cup diced cucumbers
2 Tbsp. finely diced red onion
Salt and pepper, to taste

Spread 1 tablespoon of cream cheese over each tortilla. Sprinkle an even amount of the remaining ingredients on each wrap and roll up.

Makes 4 servings

Spinach Lasagna

1/2 lb. lasagna noodles
2 10-oz. packages frozen chopped spinach, thawed and drained
1 lb. soft tofu
1 lb. firm tofu
1 Tbsp. sugar
1/4 cup soy milk
1/2 tsp. garlic powder
2 Tbsp. lemon juice
3 tsp. minced fresh basil
2 tsp. salt
4 cups tomato sauce

Cook the lasagna noodles according to the package directions. Drain and set aside.

Preheat the oven to 350° F.

Squeeze the spinach as dry as possible and set aside.

Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.

Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 6 to 8 servings

Fried "Chicken"

1 tsp. salt
1/2 tsp. onion powder
1 tsp. pepper
1 tsp. garlic powder
2 cups unbleached white flour
4 Tbsp. nutritional yeast (optional)
3 Tbsp. yellow mustard
1/2 cup water
2 Tbsp. baking powder
1 lb. mock chicken
(try Worthington Chic-Ketts or White Wave wheat meat)
3 & 1/2 cups vegetable oil

Mix together the salt, onion powder, pepper, garlic powder, flour, and nutritional yeast in a deep bowl. In a separate bowl, dilute the mustard with 1/2 cup water. Add 1/3 cup of the flour mixture to the mustard mixture and stir. Add the baking powder to the dry flour mixture and mix.

Dip chunks of the mock chicken into the mustard batter, then drop each chunk into the flour mixture and coat with the desired amount of “crust.” Fry the chunks in hot oil on medium-high heat in a large skillet or deep fryer until crispy and golden brown, turning as needed.

Makes 4 servings

Creamy Potato Salad

6 medium potatoes
1/2 cup eggless mayonnaise
(try Nayonaise or Veganaise)
4 Tbsp. yellow mustard
2 Tbsp. distilled white vinegar
1/2 onion, chopped
1/2 cup chopped celery

Salt and pepper, to taste
Paprika (optional)

Cut the potatoes into cubes and
cook in boiling water for 20 minutes. Drain and let cool completely. In a large bowl, combine the potatoes with the remaining ingredients. Sprinkle paprika on top, if desired.

Makes 4 to 6 servings

Baked Potato Soup

2 large baking potatoes
3 Tbsp. margarine
1 large white onion, finely diced
2 Tbsp. flour
4 cups vegetable or vegetarian chicken-flavored stock
2 cups water
4 Tbsp. cornstarch
1 &1/2 cups instant mashed potatoes
1 tsp. salt
3/4 tsp. pepper
1/2 tsp. basil
1/8 tsp. thyme
1 cup liquid nondairy creamer or plain soy or rice milk
Fake bacon bits, shredded soy cheese, and chopped green onions

Bake the potatoes at 400° F for
1 hour. Allow to cool.

Melt the margarine in a large saucepan and sauté the onion until translucent. Add the flour and stir to make a roux. Add the stock, water, cornstarch, instant mashed potatoes, and spices and bring to a boil. Reduce the heat and simmer for 5 minutes.

Cut the cooled potatoes in half and scoop out the contents. Discard the skins. Chop the potatoes into bite-size chunks and add them, along with the soy or rice milk or nondairy creamer, to the saucepan. Bring to a boil, then reduce the heat and simmer for 15 minutes, until thickened.

Spoon the soup into bowls and garnish with fake bacon bits, soy cheese, and green onions, if desired.

Makes 6 servings

Sweet-and-Sour "Meatballs"

1 lb. ground beef substitute
(try Lightlife Gimme Lean)
1/2 green pepper, finely chopped
1 small onion, finely chopped
1-2 cloves garlic, crushed
2 slices white bread
Egg replacer, equivalent to 2 eggs
Salt and pepper, to taste
Oil, for frying
6 oz. chili sauce
5 oz. red currant jelly

Combine all the ingredients, except the oil, chili sauce, and jelly, in a bowl and stir until well mixed. Heat the oil in a skillet, using enough to coat the bottom of the pan. Form the "beef" mixture into 1-inch balls and fry in the oil until browned.

Meanwhile, place the chili sauce and jelly in a saucepan. Heat and stir until smooth. When the mock meatballs are finished cooking, add them to the sauce and stir to coat well. Simmer over low heat for 5 to 10 minutes.

Makes approximately 20 1-inch balls.

Enchilada Bake

1 12-oz. bag Morningstar Farms burger crumbles
(or your favorite brand)
1 packet taco seasoning
2 Tbsp. vegetable oil
1/2 cup minced scallions
2 Tbsp. all-purpose flour
1 cup vegetable stock
2 cans pinto beans, drained
2 cans enchilada sauce
12 corn tortillas
1 bag shredded cheddar soy cheese
1 4.5-oz. can diced green chilies
1 bag Fritos, crushed

In a bowl, mix the burger crumbles with the taco seasoning and toss to coat. Set aside.

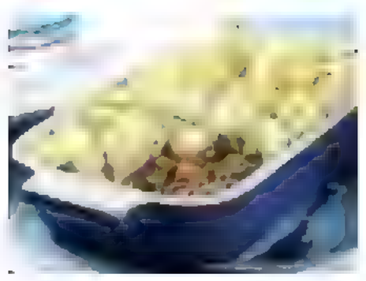
Heat the oil in a skillet over medium heat. Add the scallions and cook about 3 minutes or until softened. Stir in the flour and cook 1 minute. Add the stock and cook, stirring, to achieve a smooth consistency, about 1 minute longer. Add the pinto beans and set aside.

Preheat the oven to 375° F.

Spray a 9-inch-by-13-inch baking pan with oil. Cover the bottom of the pan with a layer of enchilada

sauce. Layer in 4 corn tortillas and all of the pinto bean mixture. Follow with part of the soy cheese and green chilies, more enchilada sauce, and 4 more tortillas. Add the burger crumbles mixture, more soy cheese, more green chilies, and more enchilada sauce. End with the remaining 4 tortillas, enchilada sauce, and soy cheese. Cover with foil and bake for 30 minutes. Remove the foil, top the entire casserole with crumbled Fritos, and bake another 10 to 15 minutes, until bubbly and browned.

Makes 9 servings.



Shepherd's Pie

4 medium potatoes, diced
2 Tbsp. margarine
1/2 cup soy milk or liquid nondairy creamer
Salt and pepper, to taste
1 12-oz. bag Morningstar Farms burger crumbles (or your favorite brand)
1 can vegetarian mushroom gravy
1 small can mixed peas and carrots, drained
Salt, garlic powder, pepper, and cayenne pepper, to taste

Preheat the oven to 350° F.

Boil the potatoes for 20 minutes, or until tender. Drain and mash with the margarine and soy milk or nondairy creamer. Add salt and pepper, to taste.
In a medium bowl, mix the crumbles, mushroom gravy, peas, carrots, and spices. Pour into a pie pan. Top with the potatoes, spreading the potatoes to the edges of the pan. Bake for 30 to 40 minutes, until the potatoes are browned.

Makes 4 servings.

Ziti with Sun-Dried Tomato Cream

(Recipe adapted from Robin Robertson's 366 Simply Delicious Dairy-Free Recipes)
1 lb. ziti
1 cup chopped oil-marinated
sun-dried tomatoes
1 cup firm silken tofu, drained
and crumbled
3 cloves garlic, chopped
4 Tbsp. chopped fresh basil or
1 Tbsp. dried basil
2 Tbsp. balsamic vinegar
1 tsp. salt
1/8 tsp. pepper

2 Tbsp. olive oil
1 small can marinated artichokes, drained and chopped
2 Tbsp. minced fresh parsley
Soy parmesan (optional)

Cook the ziti al dente. Meanwhile, in a food processor, combine the tomatoes, tofu, garlic, basil, vinegar, salt, pepper, and olive oil. Process to a smooth consistency. Drain the pasta and toss with the sauce and artichokes. Sprinkle with the parsley and soy parmesan, if desired.

Makes 4 servings.

Select Recipes - Sandwiches

Sandwich fillings can be just about anything you have on hand:

• Stuff a baguette with lettuce, tomato, and veggie bologna or turkey and nondairy cheese slices.

• Dress up a bagel with tofu cream cheese with olives or veggie salami.

• Fill a pita with faux tuna or chicken salad. Try Worthington's Tuno or Chic-Ketts products mixed with vegan mayo and celery.

• Make a grilled cheese sandwich with soy cheese instead of dairy cheese.

Select Recipes - Dessert

Chocolate Mousse
1 & 1/4 lbs. silken tofu
3/4 cup semisweet chocolate chips, melted

In a blender, purée the tofu to a smooth paste. Add the melted chocolate and blend thoroughly. Pour the mousse into six individual dessert bowls and chill.

Makes 6 servings.

Strawberry Mango Crisp

Fruit mixture:
4 cups quartered strawberries
2 cups mango, diced
4 Tbsp. sugar
4 Tbsp. flour

Topping:
1 cup flour
1/2 cup rolled oats
1 cup brown sugar
1/2 cup (1 stick) margarine

Preheat the oven to 400° F.

Mix the ingredients for the fruit mixture together in a large bowl. Spread evenly into a 2-quart casserole dish. Set aside. Mix the dry ingredients for the topping together in a medium bowl. Cut in the margarine until the mixture resembles small peas. Spread the topping evenly over the fruit mixture. Bake for 35 to 45 minutes, until bubbly. Serve warm with nondairy “ice cream.”

Makes 6 servings.

Select Recipes - Appetizers

Appetizers can be as simple as chips and dip or as elegant as a vegetarian pâté. Here are some ideas for quick and easy hors d’oeuvres.

• Whip up a seven-layer Mexican dip using refried beans, black olives, salsa, shredded soy cheese, Tofutti sour cream, sliced green onions, and jalapeños.

• Veganize that old standby, pigs in a blanket, using tofu hot dogs wrapped in puff pastry.

• Shake 'n Bake bite-size pieces of mock chicken or tofu and serve with toothpicks.

• For a fancy delicacy, serve fish-free vegan caviar. Looks just like the real thing! (Order from PETAMall.com.)

Select Recipes – Quick and Easy Snacks

• Microwave tortillas and fill with canned refried beans, salsa, guacamole, and corn for easy burritos.

• Zap a veggie burger in the microwave. Put it on a bun with your favorite condiments and toppings.

• Heat sliced veggie dogs and canned vegetarian-style baked beans in the microwave for fast "franks and beans."

• Make an easy pasta salad by mixing cooked spiral pasta with chopped broccoli, carrots, green pepper, corn, red onion, and your favorite vinaigrette.

Select Recipes –Pizza Toppings

Pizza toppings are limited only by your imagination! Here are some quick ideas:

• Chop up whatever veggies are on hand and drizzle some olive oil or crushed tomatoes over them.

• Try new ideas for toppings like crumbled tofu, sun-dried tomatoes, beans, spinach, or even corn.

• Add different sauces like pesto or red pepper and garlic purée.

• Get creative with fake meats—top with veggie burger crumbles, veggie bacon, or veggie pepperoni.

• Try nutritional yeast or soy parmesan for a traditional cheesy taste.

• For a Mexican pizza, try refried beans, tomatoes, soy cheese, and salsa.

Chocolate Recipes

Fantastic (very rich) Chocolate Cake
Ingredients:
1 and a half cups unbleached white flour
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
1 cup sugar
half a cup of mixed, chopped nuts (optional)
1/2 cup vegetable oil
half a cup cold water or soy milk
half a cup of orange juice
2 teaspoons vanilla extract
2 tablespoons vinegar

Preheat oven to 375 degrees. Sift dry ingredients into 8" square or 9" round baking pan. Mix liquids (except vinegar) and whisk into dry. When batter is smooth, add vinegar and stir quickly, until it is evenly distributed. Put it in the oven, don't let it stand around (that has something to do with the vinegar) Bake for 25-30 minutes...or longer until done. This cake is great served with Provamel's soya dream (cream like).

Chocolate Brazil Nut Squares with truffle topping
Ingredients:
200g/7oz. dark chocolate
250g/8oz. packet of biscuits/cookies (digestive or oat ones work well) - broken down to crumb texture
100g/4oz. brazils nuts crushed or broken down in a processor
2 tablespoons of vegan margarine
2 tablespoons of golden syrup
half a box of vegan cream (about 100ml.)

Melt the chocolate in a bowl over hot water. In a pan, slowly melt together the margarine and syrup and then combine this with HALF the chocolate. Stir in the crushed biscuits and nuts and press this into a greased 9" by 9" tin or something of similar size. Beat the soya cream into the remaining 100g or so of chocolate and spread this on top. Chill in the fridge for a couple of hours until set and cut into squares.

Choc, Fruit and Nut Cookies
This recipe makes about 40 small (2 inch/6cm) cookies
Ingredients:
150g/5oz/three quarter cup caster sugar
150g/5 oz/three quarter cup vegan margarine
5 tablespoons of soya milk
300g/10 oz/1and a half cups of plain flour
teaspoon vanilla extract (or according to pack instructions)
a handful each of: chocolate chips, chopped nuts and raisins.

Preheat oven to 200C/400F and grease cookie sheets. Cream together the sugar and marg. Mix in the soya milk and vanilla and then the flour. The mixing of the flour is best done with your hands (messy but fun!). Add the choc, nuts and raisins and mix well. You should have a workable dough (add more flour if it's too wet or more soya milk if too dry and doesn't hold together well). Roll out on a floured board (to just under 1 cm thick) and cut into cookies. Lay on cookie sheets and bake for about 10 minutes for soft bake cookies or a little longer for dryer, crunchy ones.
Variations: Leave out the choc, nuts and fruit and half dip the cooled cookies in chocolate - choccy biscuits! Crushed Whizzers chocolate beans are a colourful replacement for chocolate chips. They can also be pressed all over the top prior to baking. Plain cookies with a handful of sesame seeds or desiccated coconut added into the dough are delicious. Plain cookies with a square of chocolate pressed onto them before baking work well too.

Lisa's (from www.veganstore.co.uk) Peanut Butter Crunch
6 cups of cornflakes or rice crispies
1 cup of golden syrup
1 1/2 cups of peanut butter
8oz of choc chips (or as much chocolate as you want)
Lightly oil a baking tray. Place the cornflakes in a big bowl ready. Then heat the golden syrup in a saucepan until thin and runny. Remove from the heat and beat in the peanut butter until smooth. Pour the mixture over the cornflakes and mix well.
Push the mixture into the baking tray to form a slab (I find pushing it down with a potato masher works). It should be firmly packed. Then melt your chocolate chips and pour over the top.
Refridgerate for at least 3 hours then cut into bars or bite size chunks.
MMMmmmm.

Cat's Amazing Chocolate Recipies!
Visit Cat's Vegan Travel site.
Ok so here is an instalment of all things vegan and chocolatey to inspire those who thought they would never again be able to sample the delights of chocolate heaven. If what you want isn't here then let me know by email. I'm not claiming any of this is healthy so don't blame me for over-consumption!
NB. Chocolate refers to plain (ie.- no other added flavours) vegan chocolate of your choice.

CAT'S LUCIOUS TRUFFLES

100 - 200g chocolate
1 pkg silken tofu (blended to a cream)
1/2 cup maple syrup
1 cup almonds/ hazelnuts (whole or pieces)
Put the maple syrup in a pan and bring to a boil. When boiling add the nuts and stir constantly until it is almost dry (ie the nuts are all sticking together and the syrup is not runny) empty out onto some greaseproof paper and allow to cool.
Meanwhile melt the chocolate in a bowl over simmering water. DON'T allow the bowl to touch the water. It should be just above it.
Blend the praline (nut mixture) into either a fine powder or a coarse mixture and stir into the chocolate. Fold in the tofu. When it is all mixed take off the heat allow to cool. The cover and place in the fridge until well chilled.
Work quickly and form into small balls. Roll in cocoa powder or grated chocolate or dip in melted chocolate and allow to set. Eat in moderation, as they are incredibly rich!
OTHER VERSIONS
If you don't like nuts or have an allergy they can be left out but add a tablespoon or two of sugar or maple syrup to the tofu while blending it (taste as it may need more or less depending on the brand of chocolate you use.
Either basic truffle mixture can be flavoured with a tbsp of liqueur, or flavoured syrups. Extra nuts, dried fruit, fresh fruits diced up or rice crispies (for crunch!) can all be added to the basic mixture. Experiment...
The basic mixture makes AMAZING chocolate spread or how about cutting out rectangles of vegan puff pastry and spreading a layer of the truffle mixture onto it, fold it over (chocolate side in!) and bake in the oven (follow temperature and times on the packet of pastry) and you have vegan pain au chocolat !!

PLAIN FUDGE

850g/1 3/4 lb sugar
300mls/ 1/2 pint soya milk
120g/ 4oz soya margarine (this is better for a more 'buttery' flavour)
2 tsp vanilla extract

Oil a square tin (about 18cm/7 inch). Pour the soya milk into a pan and slowly bring to the boil. Add the sugar and the soya margarine and heat slowly, stirring constantly until the sugar is dissolved and the margarine has melted. Bring to the boil and cover the pan. Boil for 2 minutes, then uncover and continue to boil stirring occasionally until it reaches soft ball stage (it is sort of essential that you use a sugar thermometer for this...it should read 115-116C/238 to 240F). Take off the heat and stir in the vanilla extract and leave to cool for 5 minutes. Beat until it begins to lose its gloss and is thick. Pour into the tin and allow to cool before cutting into squares. (of course vegan fudge can be bought from both VIVA! And Dr Hadwens Trust)

ARES BARS -Vegan Mars Bars

From Uncle Stevies recipe column - http//:www.veggies.org.uk

NOUGAT
2 Cups of Soya Milk
9 oz. Soya Marg.
24 oz. Sugar
2 tblsp. Vanilla Essence
12 oz. dried Soya Milk
Put the milk, marge and sugar into a thick saucepan and heat, without stirring, on a low heat until it bubbles all over and triples in size.
Keep at this heat for 2 min (if you have a sugar thermometer, it should be 235 F./112.8 C.)
Cool.
Add the vanilla essence and the dried soya milk and beat till creamy.
Pour into baking trays roughly the size of 48 mars bars and freeze for an hour.

TOFFEE
12 oz. Sugar 12 oz. Soya Marge 250 ml Soya cream 3 tbsp Golden Syrup
Put everything in a thick bottomed saucepan and heat on a low heat till it bubbles all over and triples in size
Keep at this temperature for 4-5 minutes, stirring constantly.
Pour the toffee over the nougat and freeze for another hour.
Cut into mars bar size pieces and re-freeze until the toffee is solid (this can take a couple of days.)
Melt 1200g of vegan chocolate in a microwave if you have one (3 minutes full power per 100g) or place into a bowl above a saucepan of boiling water till melted.
Coat the bars with chocolate and place onto a greased tray. Re-freeze.

The Marathon Variation (Thermopylae Bars)
Replace vanilla essence with 340g jar of crunchy peanut butter (without the jar) & 20g chopped, un-salted peanuts.
These basic nougat and toffee recipes can be used to make a whole range of vegan versions of chocolate bars.

CRUNCHIES
2lb sugar (brown or white)
1 cup cold water
2 tsps bicarbonate of soda
Boil the sugar and water in a DEEP pan for 20 minutes. Test in cold water until the sugar mixture is crisp and cracks easily. Remove from heat and add the bicarbonate of soda. This will make the mixture puff out and froth up in the pan. Pour into an oiled tin and cut when half cold. When cooled dip in melted chocolate.

CHOCOLATE BUBBLE BATH - do not eat!!
200 ml./1 cup of unscented bubble bath (as sold by Meadowsweet, Dolma and Honesty)

75 ml./third of a cup of unsweetened soya milk
70g./3 oz. of dark chocolate
optional - add some cinnamon or ginger for a stimulating bath
Heat the soya milk and add in the chopped chocolate, stir well until melted. Do not boil. Allow cooling down. Mix with the bubble bath and pour into your bath and enjoy...

Savoury Festive Recipes

Cashew Nut Roast with Sage and onion stuffing
A sixth of a cup/30g/1oz of vegan margarine
2 sticks of celery, finely chopped
1 medium leek, finely chopped
1 and a half cups of hot water
1 teaspoon of yeast extract (marmite, vegemite etc.)
3 cups/550g/16oz of ground cashew nuts (or other nuts of your choice - almonds work well too)
2 Tablespoons of soya flour
2 teaspoons of fresh herbs - winter savoury is great (if using dried 1 teaspoon)
3 cups/160g/6oz of white bread crumbs
seasalt and pepper to taste
sage and onion stuffing (see recipe further down the page)
Melt the margarine (in a large pan for mixing) and cook the celery and leek in it for a few minutes. Mix the yeast extract into the hot water (alternatively you could use any stock you like) and add this to the leek and celery. Stir in the soya flour, nuts, herbs, breadcrumbs and salt and pepper and mix well. Allow to cool slightly while you grease a loaf tin. Place half the nut roast mixture in the tin and press down well - then add the sage and onion stuffing (pressing down well again) and place the rest of the nut roast mixture on top. Bake in the oven for about 40 minutes at 180/360 then turn out of the tin and slice. Nice served with all the traditional trimmings.
Variations:- you can substitute wine (red or white) or soya milk for the water and yeast extract. The sage and onion stuffing is optional - it works just as well without it and might actually slice up easier! A layer of sliced mushrooms and garlic is an alternative to the stuffing.

Creamy mushroom Puff
A third of a cup/60g/2oz of vegan margarine
4 tablespoons of plain white flour
1 onion

4 cloves of garlic, crushed or very finely chopped (this can be reduced or left out if desired)
3 cups of mushrooms, sliced
half a litre/500ml of soya milk
1 glass of white wine (or stock)
handful of chopped parsley
salt and pepper to taste
approx. 500g/18oz of frozen puff pastry (this even comes ready-rolled now for extra laziness!!!)
Melt the margarine and cook the onion and garlic in it for a few minutes and then add the sliced mushrooms and cook for a couple of minutes more. Add the flour and stir well. Gradually add the soya milk stirring all the time and then the wine and keep stirring on a low heat until the sauce thickens. Once thick remove from the heat and add your seasoning and the parsley. Allow to cool slightly while you prepare the pastry. Roll out into 2 wide rectangular shapes reserving some pastry for decoration. Place one sheet of pastry on a greased baking tray. Heap the slightly cooled sauce onto it leaving a space round the edges. Place the top sheet on and seal up the edges with some soya milk or water (fold over if needed). Make some small slits on the top of the puff and let your artistic side shine with the reserved pastry! I usually make holly leaves to place on the top but do whatever you like. Glaze with soya milk and then bake in a medium hot oven for about half an hour or until the pastry seems cooked (no soggy bits and nicely puffed up!)
Nice served with gravy, roast potatoes, stuffing, vegan sausages, cranberry sauce and vegetables of your choice - a feast!

'NOW THATS WHAT I CALL A CHRISTMAS DINNER' MUSHROOM PARCEL
by Catriona
There are a few steps to this but most can be made a day ahead... in fact I normally assemble it all the evening before and then it is ready to go...
Ingredients list:
Mushroom Risotto
300mls/just over 1 cup rice
approx. 600mls/2 and a quarter cups hot stock (I use Kallo mushroom stock cubes)
1 onion, finely chopped
couple of cloves garlic, crushed or finely chopped
Jar of antipasto mushrooms, minus a tbsp mushrooms (make sure they are vegan), drain and reserve the oil.
big handful of chestnut mushrooms, sliced
a few dried mushrooms, soaked in hot water and then finely chopped
tsp dried oregano (or fresh if you can)
fresh basil, sliced
Soyamince filling
1 cup defrosted vegemince or 1 cup rehydrated soya mince,
remaining tbsp of mushrooms,
enough sundried tomato puree to bind it together and some fresh basil
Stuffing
1 onion finely chopped,
1 cup oats
1/2 cup suet,

1 tsp mixed herbs and some salt and pepper.
Aprox. 500g./18oz of frozen, vegan puff pastry

Preparation
Mushroom Risotto
Put some of the reserved mushroom oil in a pan and saute the onions and garlic until soft, add the rice and mix it all together. Add all the different mushrooms and the oregano if dried. Mix again and then gradually add the stock stirring constantly for that creamy risotto texture. More or less liquid may be needed. Add fresh herbs , mix and set aside.
soyamince filling
In a blender mix together approx. 1 cup defrosted vegemince or 1 cup rehydrated soya mince, remaining tbsp of mushrooms, enough sundried tomato puree to bind it together and some fresh basil
Stuffing
chop an onion finely and mix it with 1 cup oats to 1/2 cup suet,1 tsp mixed herbs and some salt and pepper. bind with a little water to form a sausage...be careful not to add too much water.
Have ready some defrosted vegan puff pastry rolled out into a rectangle.
Assembly
Get the puff pastry and spread it lightly with sundried tomato paste and stick basil leaves on to this. Get the cooled mushroom risotto and spread it onto the pastry leaving room at all ends... you wont need all the risotto. On top of this place the soya mince filling and then place the stuffing sausage along the centre. Fold up the sides until they meet in the middle...hopefully!! If they are reluctant to stick down then brush with a little soya milk. Put on a baking tray. It is advisable, if possible, to raise the pastry parcel off the tray using a rack as I have found the bottom has a tendency to burn. You can now leave it until Christmas Day! To cook follow the temperature guide on the packet of puff pastry. Easy!

Spinach-Tofu Manicotti by Secular Pagan
Not exactly a traditional Yule/Christmas dish, but it's red, white, and green, so it fits.
FILLING:
(stuffs about ten manicotti "tubes")
1 pound/450g firm tofu, drained and rinsed

1 10-oz/300g box frozen spinach, thawed and squeezed dry

1 Tbsp. Italian seasoning (blend of oregano, marjoram, thyme, rosemary, basil, sage)

3 green onions (scallions), including green part, sliced thinly

8 ounces/230g (more or less) white button mushrooms, chopped in big chunks
PASTA:

1 package large manicotti tubes
SAUCE:

About 28 ounces/750g of your favorite pasta sauce, homemade or prepackaged

Plop tofu into a medium-sized mixing bowl and mash/crumble with your hands. Add spinach and fold into tofu with a fork, using fork to break up strands of spinach and mix evenly with the crumbled tofu. Stir in Italian seasoning, onions, and mushrooms.
Boil about 10 manicotti tubes just shy of al dente (they won't fall apart this way when you're stuffing them) and drain. Use your fingers to push clumps of filling into the manicotti tubes till each one is plump and full. Lay them in a covered casserole dish (more than one layer is O.K.) and pour your favorite tomato-based pasta sauce (homemade or bottled) over the whole thing. Cover and bake at 350 degrees Fahrenheit for about an hour, maybe a little less (say, 45 minutes) if you have the manicotti spread out in a single layer. Remove from oven and give it a few minutes to cool off before attempting to eat.

Note: I have to keep my sodium intake low, so I don't add salt to anything I make from scratch (except some baked goods), so some of you might prefer to add a. 1/2 teaspoon of salt to the filling.

Cranberry, Orange and Ginger sauce
3/4 cup/150g/5oz sugar
1/2 cup/150ml/quarter pint of orange juice
zest of 1 lemon
1 teaspoon of fresh grated ginger (or half a teaspoon of dried ginger)
2 cups of fresh cranberries
pinch of salt
Place the cranberries, orange juice and ginger in a pan and simmer for about 10 minutes. Give the berries a mash and add the sugar, zest and salt. Cook gently until all the sugar is completely dissolved. The sauce will thicken up as it cools slightly. Nice served hot or warm with nut roast or mushroom puff and parcel.

Cheat's nut roast rolls!
Very simple if you buy a vegan packet mix for a nut roast and some frozen puff pastry! Simply make up the nut roast mix and place it in the puff pastry in roll shapes. Nice done like cocktail sausage rolls for serving with drinks. Bake in a medium oven for about 20 minutes.

Sage and Onion Roast Potatoes
4 teaspoons of dried sage or 8 teaspoons of freshly chopped sage
4 tablespoons of sunflower oil
1 finely chopped onion
4 tablespoons of medium oatmeal
Potatoes, peeled and cut to desired size (this coating is enough for about 4 or 5 lbs/2 or 3 kilos.)
salt to taste
Par boil the potatoes then just when they are beginning to soften remove from heat and drain. Place in baking tray and rub the coating all over them (careful!) - roast in a hot oven until nice

and crispy (30 minutes plus). You might want to baste with a little more oil half way through for extra crispiness!
Variation: sesame roast potatoes - coat the potatoes in sunflower oil and plenty sesame seeds before roasting - this has a lovely flavour too.

Sage and Onion stuffing
6 slices of wholemeal bread
half a cup/85g/3oz of vegan margarine
4 teaspoons of dried sage or 8 of fresh, chopped sage
1 finely chopped large onion
salt to taste
Melt the margarine in a saucepan and then cook the onion in it until soft. Break up the wholemeal bread with your hands (into fairly small pieces) and then mix into the onion and margarine with the sage and salt. This can be pressed into an oven-proof bowl for baking or if you like meat analogues it can be sandwiched between two Redwood Cheatin' Turkey Roasts (see below for turkey substitute links), wrapped in foil and baked in the oven!

Skirlie (traditional Scottish oatmeal stuffing - quite bland, not to everyone's liking!)
1 cup of medium oatmeal
1 large onion, finely chopped
4 tablespoons of sunflower oil
a little salt
Cook the onion in the oil until soft and then stir in the oatmeal and salt and cook for a few minutes longer, stirring frequently to prevent sticking - then use as Sage and onion stuffing.

Sweet Festive Recipes

Easy, Last Minute Christmas Fruit Cake by Jean
This cake has no added sugar or fat (suitable for a range of diets) but is still really sweet and rich. It should be stored in the fridge and eaten within one week.
8oz/250g/2 cups of cooking dates with the stones removed
10 fl.oz/300ml/1 and a quarter cups of water (you could substitute a quarter cup of brandy or sherry for a quarter cup of the water if you like)
6oz/175g/1 and a quarter cups of wholemeal flour

1 lb/450g/3 cups of mixed dried fruit of your choice - including lots of dried apricots works very well
2 teaspoons of baking powder
1 teaspoon of mixed spice
4 tablespoons of orange juice
For decoration: You can either do a traditional marzipan and white icing topping or use rows of different nuts such as walnuts, pecans, brazils and almonds.
Heat the dates and water until the dates are soft. Remove from heat and mash with a fork. Add all the other ingredients and mix well. Spoon into a greased 2lb/900g cake tin and level top. If using the nut topping place rows of different nuts on top of the cake prior to cooking. Bake at 170C/340F for about an hour and a half until cooked. Once cooled the nut topping can be glazed with a little syrup (melt some sugar into hot water) or you can ice traditionally.

Cranberry Ginger Bars by Luree
Filling:
3 cups of fresh or frozen cranberries
3/4 cups each of raisins, dried apricots and crystallised ginger
1 lb/450g/3 cups of mixed dried fruit of your choice - including lots of dried apricots works very well
1 cup brown sugar
1 cup apple juice
In a large saucepan combine all ingredients. Bring to a gentle boil over a medium heat. Stir for about 5 minutes or until the cranberries have popped. Let cool.
Base and Topping:
2 cups flour
3/4 cups brown sugar
1 and a half teaspoons of ground ginger
1/4 teaspoon of salt
1 cup of margarine or vegetable shortening
1 cup of rolled oats
3/4 cup of raw sunflower seeds
Mix all ingredients together. Set aside 1 and a half cups of crumb mixture for topping. Press the remainder into a 9" by 13" baking pan. Bake at 180C/350F for 15 minutes. Spread with cranberry mixture and sprinkle with remaining crumbs. Bake for another 30 minutes. Yummy!

Chocolate Yule Log Cake (for people who can't do swiss roll!!)
1 chocolate cake baked in a loaf tin (or 1 chocolate swiss roll if you can do it!!)
1 batch of vegan chocolate 'butter' icing: Beat together half a cup/130g/4oz vegan margarine with 1 and a third cups/210g/7 oz sifted icing sugar and one tablespoon of cocoa (also sifted to avoid lumps). Beat in a few drops of natural vanilla extract.
1 tablespoon of icing sugar for dusting
1 festive cake board or large plate and decorations of your choice (fake flowers or berries, holly leaves, small baubles etc.)
Cake Assembly:
Cut the corner off one end of the cake and turn it round to look like a branch (excuse rough drawing!) - arrange on the cake board or plate.

Secure the branch with some of the icing.
With a knife smooth off the corners of the log to make it rounded.
Cover the entire cake with the rest of the icing, then use a fork to make lines and knots like a log :)
Dust with icing sugar.
Decorate to your hearts content.

Little Chocolate logs
1 chocolate cake prepared in a large square tin so it will not be too deep (visit the chocolate room if you need a recipe for this)
vegan marzipan
maya gold (preferably though any dark vegan choc. will do)
icing sugar for dusting
glace cherries and crystallised angelica for decoration or children might prefer Whizzers chocolate beans or other sweets
Cut the cake into small rectangles (10 cm. X 4 cm. and 2 or 3 cm. deep). Cut thin pieces of marzipan and place on top of the cakes. Pour melted chocolate over the top of each log, decorate to your hearts content and then dust with the icing sugar (snow!).

Easy chocolate-rum truffles
Some left over cake, crumbled - about 2 cups
2 tablespoons of Apricot jam
2 tablespoons of rum (or rum flavouring)
1 teaspoon of cocoa
50g./2oz (half a large bar) of vegan chocolate, melted
Coating of choice - cocoa, chopped nuts, coconut etc.
Mix everything together and then squeeze into balls (about 5 cm. diameter) and roll in the coating. Place in petit four cases.

Festive Sweets
Making your own sweets is actually quite fun - children have a great time with this too. They are also nice gifts if placed in a pretty box or packet.
Vegan chocolate - I recommend Maya Gold for these - it's orange spiciness is perfect for this time of year.
Nuts of your choice (hazel, walnut, pecan, almond, brazil)
Vegan marzipan (many supermarkets stock this)
Dates
Dessicated coconut
Cocoa
Icing sugar
Crystalised angelica
Glace cherries
Flaked almonds

It's very simple! Melt the chocolate and then dip things in it - nuts, marzipan balls, dates - and then place them on a sheet of grease-proof paper to set. Decorate with angelica, glace cherries (can be made to look like holly) and flaked almonds before the chocolate sets and then you can sprinkle with cocoa, coconut or icing sugar.
Dates can be destoned and stuffed with marzipan for a non-chocolate treat.
Place in petit four cases and enjoy!

Mincemeat by Catriona
1lb/450g cooking apples, peeled, cored and finely chopped
8oz/225g shredded vegetable suet
12 oz/350g sultanas
16 oz/450g dried apricots
12oz/350g soft dark brown sugar
grated rind and juice of 2 oranges
grated rind and juice of 2 lemons
2oz/60g whole almonds, slivered
4 tsp mixed spice
1/2 tsp ground cinnamon
half a nutmeg, grated
6 tbsp vegan brandy
Mix all ingredients ,except the brandy, together in a bowl then cover and leave for 12 hours. To prevent fermentation place the mincemeat in a 120C/ 225F oven for 3 hours. Then allow to cool, stir in brandy and put in clean jars and seal.

Christmas Pud by Catriona
12oz/350g sultanas
4oz/120g glace cherries, halved
10z/300g ground almonds
4oz/120g plain flour
1/2 tsp salt
1/2 tsp grated nutmeg
1/2 tsp ground ginger
1 1/2 tsp mixed spice
8oz/230g dark brown molasses sugar
4oz/120gsoft, fresh wholemeal breadcrumbs
8oz/230g vegetable suet
grated zest and juice of 1 lemon
1 tbsp black treacle
4 floz/125ml/half a cup soya milk
sherry
soak the sultanas in plenty sherry
Grease a 2 pint pudding basin. Put the soaked fruit, cherries and ground almonds into a large bowl. Add the flour, salt, spices, sugar, breadcrumbs, suet, lemon zest and juice, treacle, soya milk and 4 tbsp sherry. Mix well to make a soft mixture. Spoon into the basin, cover with two

layers of greased foil and tie down. Steam for 4 hours. Cool. Cover with a circle of greaseproof paper and two layers of tinfoil. To reheat steam for three hours as before. (I have to say that when I make it I prick the pudding and feed some more sherry or brandy into it...) and don't forget that after it is reheated pour MORE brandy over it and set it on fire.

Vegan Trifle also by Catriona
I loved this so much before I was vegan that I veganised it one year and it is excellent... you can leave off the 'cream' layer if you like but I think it makes it!
Make a plain vegan sponge and sandwich it together with jam. Slice it up and put it on the bottom of a trifle dish (or other suitable deep dish) drain a tin of fruit and put on top of the sponge (or use fresh fruit. I like raspberries). Next make up a vegan jelly and pour on top of everything... leave to set. Make up custard with soya milk and pour that on top of the set jelly. Leave that to set. Now put on a thick soya cream made with...2 tbsp cornflour, 2 oz/60g vegan margarine, 1 oz/30g sugar, 1/2 tsp vanilla essence and 1/2 pt/250ml/1 cup of soya milk... blend the cornflour with a little soya milk. Add the rest of the milk gradually and transfer to a saucepan. Bring to the boil gently and stir until the mixture thickens. Set aside to cool. Cream the margarine with the sugar until pale in colour. Beat in the cooled cornflour mixture a little at a time. Add the vanilla essence.
Put the cream layer on top of the chilled custard layer. Decorate with fresh fruit and then eat voraciously.
The cream can also be turned into brandy cream by adding a spoonful of brandy...serve with Christmas pudding

Lasagna

Makes 10 servings.
Preparation Time: 2 hours, 30 minutes
Nutrition Facts
Servings Per Recipe 10
FILLING
2 teaspoons olive oil
1 large onion, diced
3 small zucchini, sliced
1 1/2 pounds collard greens, chopped (about 24 collard leaves)
8 garlic cloves, minced
1/2 teaspoon sea salt
TOFU-"FETA" MIXTURE
1/2 cup almonds
1/2 cup pine nuts
2 pounds tofu, firm (pressed to remove as much water as possible)
1 tablespoon olive oil
2 3/4 teaspoons sea salt
1/2 teaspoon ground black pepper
1/2 cup fresh parsley, chopped
SAUCE

8 servings 15-Mediterranean Tomato Sauce
PASTA
1/2 pound no-boil/oven-ready rice lasagna noodles
(or no-boil/oven-ready whole wheat lasagna noodles, but only if the dish can have some gluten)
(if you want to use regular lasagna noodles, prepare as indicated, and then use them in this recipe as directed) (about 9-12 inch pieces)
GARNISH
4 tablespoons basil, fresh, chopped
FILLING
To prepare the filling, heat a skillet over medium-high heat and add oil. Saute onion, zucchini, collard greens, and garlic, sealing them one at a time (about 40 minutes total). After sealing, season vegetable mixture with salt.
Turn off heat.
TOFU-"FETA" MIXTURE
During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds and pine nuts first, and grind. Add the remaining tofu-"Feta" mixture ingredients except the parsley, and blend until smooth. Fold in the chopped parsley.
To assemble, use a large (about 9"x13") baking pan. Spread a thin layer of sauce in the bottom of the pan (about 1/2 cup). Place 3 pieces of lasagna noodles (about 1/3 of the noodles) in the bottom of the pan. You don't want the noodles to overlap since the pasta will expand during baking. Spread half of the tofu-"feta" mixture over the noodles. Then spread half of the vegetable filling on top of the tofu-"feta", and then cover with about one third of the sauce. Put down 3 more pieces of lasagna noodles and cover again with the other half of the tofu-"feta", the other half of the vegetable mixture, and another 1/3 of the sauce. Place the last 3 lasagna noodles on top of this covering it thoroughly with sauce. There should be 3 layers of noodles, and 2 layers of tofu-"feta"/filling. Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top layer a golden brown appearance.
Serve garnished with basil.
VARIATIONS:
- For a faster dish, use a store bought tomato sauce instead of making the Mediterranean Tomato Sauce from scratch.
- You can use regular lasagna noodles (ones that are not oven ready and need to boil): follow instructions to boil noodles and use just as described above.
Per serving: 378 Calories; 18g Fat (40% calories from fat); 23g Protein; 39g Carbohydrate; 0mg Cholesterol; 948mg Sodium

Millet-Bean Patties

Makes 8 servings.
Preparation Time: 1 hour, 10 minutes
Serving Ideas: Serve with salsa if desired.
- Roasted vegetables (especially the garlic clove halves) heighten the flavor of these patties. I like the chunks of vegetables in the patties, rather than a completely uniform texture.
- Read the recipe directions to see if you might like to make this a day ahead, or maybe earlier in the day (depending on your plans).
Nutrition Facts
Servings Per Recipe 8
MILLET
3/4 cup millet, washed
2 1/2 cups no-salt-added vegetable broth, (or water)
1/2 teaspoon olive oil
1/2 teaspoon sea salt
1/2 teaspoon cumin powder
(or leftover cooked millet and
skip millet cooking instructions)
ROASTED VEGETABLES

1 small onion, chopped
4 large carrots, sliced 1/4" thick
12 garlic cloves, cut in quarters
1 teaspoon olive oil
1/4 teaspoon sea salt
FINISHING
2 ounces canned diced green chiles
1 cup pinto beans, cooked, mashed
(see "Glossary of Cooking Terms" for more information about cooking beans)
(or refried beans, canned or home-made)
1/4 cup pine nuts
1 tablespoon tamari soy sauce
MILLET
Place millet in sauce pan with broth, oil, salt, and cumin. Cover and bring to a boil. Once boiling, simmer for 40 minutes. (A simmer plate (also sometimes called a "flamer tamer") can be helpful during the simmering process to insure that the millet will not burn to the bottom of the pan.)
ROASTED VEGETABLES
While millet is cooking, roast vegetables. Toss onion, carrots, garlic, oil, and salt in a bowl. Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 40 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.
FINISHING
When millet is finished cooking, stir in chilies, beans, pine nuts, and tamari. When vegetables are roasted, add those to the millet mixture as well. If you are using left over millet, it might be clumpy. Take some extra time to mash all the ingredients together so the millet is not in large clumps.
Dish can be eaten now if you do not want to make patties. To continue and make patties, you have two choices.
First is to let the mixture cool and firm up just enough so you can handle it to make patties with your hands (could take about an hour). Second is to refrigerate the mixture overnight, and then form patties which can be baked.
BAKING PATTIES
To prepare the patties:
Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet).
Patties can even stick a little to a non-stick baking sheet which messes up the patties, so I greatly prefer parchment paper because it always makes for very easy removal.
Using your hands (probably want to keep them a little wet), take about 1/3 cup of the mixture, shape it into a patty, and place it on a the baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the patties, add some water until it gets a little mushy so that the patties can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour. Repeat making patties using all of the millet-bean mixture. You should end up with about 16 small patties.
If desired, spray a little oil on each patty (this will make them brown nicely and give them a lightly crisp crust).
Roast in a 400 degree F (200 degree C) oven (no need to preheat oven) for about 25 minutes, or until the patties are golden brown and have crispy edges. Flip the patties half way through to get both sides brown and so they do not burn on any one side. If the mixture was cold from the refrigerator when you started, check to make sure that the patties are sufficiently warmed through.
VARIATIONS:
- For richer patties, add some ground ground pumpkin seeds when combining millet, beans, and vegetables.
- Use leftover cooked millet and leftover roasted vegetables for faster preparation.
- If you would rather not spend the time roasting the vegetables, you could saute them in the olive oil, and add the salt at the end. This takes less time, but requires more attention than roasting.
- This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).

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Per serving: 120 Calories; 3g Fat (18% calories from fat); 7g Protein; 27g Carbohydrate; 0mg Cholesterol; 327mg Sodium

Mushroom-Garlic Lasagna

Makes 10 servings.
Preparation Time: 2 hours, 30 minutes
Nutrition Facts
FILLING
2 teaspoons olive oil
2 large onions, diced
2 1/4 pounds collard greens (about 36 collard leaves)
(stems removed and discarded; leaves chopped)
5 garlic cloves, minced
1 teaspoon sea salt
MUSHROOM-GARLIC MIXTURE
3 pounds shiitake mushrooms, chopped
15 garlic cloves
1 1/2 teaspoons sea salt
TOFU-"FETA" MIXTURE
1 cup almonds
2 pounds tofu, firm (pressed to remove as much water as possible)
2 tablespoons black truffle oil (or olive oil)
1 1/2 teaspoons sea salt
1 teaspoon ground black pepper
1/2 cup fresh basil leaves, packed
SAUCE
3 1/2 cups tomato-mushroom sauce
(use any type of bottled sauce, or make a homemade sauce such as the "15-Mediterranean Tomato Sauce")
PASTA
1/2 pound no-boil/oven-ready rice lasagna noodles (or no-boil/oven-ready whole wheat lasagna noodles, but only if the dish can have some gluten)
(if you want to use regular lasagna noodles, prepare as indicated, and then use them in this recipe as directed)
(about 9-12 inch pieces)
GARNISH
4 tablespoons basil, fresh, chopped
FILLING
To prepare the filling, heat a skillet over medium-high heat and add oil. Saute onion, chopped collard green leaves, and garlic, sealing them one at a time (about 35 minutes total). After sealing, season vegetable mixture with salt. Turn off heat.
MUSHROOM-GARLIC MIXTURE
To prepare the mushroom-garlic mixture, heat a skillet over medium-high heat and add oil. Add mushrooms cooking until all liquid is cooked off and the mushrooms start to brown a little. Add garlic and cook another 3 minutes. Add salt, cook another 2 minutes, and turn off heat.
TOFU-"FETA" MIXTURE
During this process, prepare the tofu-"feta" mixture using a food processor. Add almonds first, and grind. Add the remaining tofu-"Feta" mixture ingredients, and blend until smooth.

Fold together the mushroom-garlic mixture and the tofu-"feta" mixture.
To assemble, use a large (about 9"x13") baking pan. Spread a thin layer of sauce in the bottom of the pan (about 1 cup). Place 3 pieces of lasagna noodles (about 1/3 of the noodles) in the bottom of the pan. You don't want the noodles to overlap since the pasta will expand during baking. Spread half of the mushroom-garlic-tofu-"feta" mixture over the noodles. Then spread half of the vegetable filling on top of the mushroom-garlic-tofu-"feta". Put down 3 more pieces of lasagna noodles and cover with 1 cup of

tomato sauce. Cover this with the other half of the mushroom-garlic-tofu-"feta", the other half of the vegetable mixture. Place the last 3 lasagna noodles on top of this covering it thoroughly with sauce (about 1.5 cups). There should be 3 layers of noodles, and 2 layers of tofu- "feta"/filling.
Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top layer a golden brown appearance.
Serve garnished with basil.
VARIATIONS:
- You can use regular lasagna noodles (ones that are not oven ready and need to boil): follow instructions to boil noodles and use just as described above.
Per serving: 782 Calories; 17g Fat (18% calories from fat); 34g Protein; 141g Carbohydrate; 0mg Cholesterol; 1305mg Sodium

Rice-Sweet Potatoes-Collard Torte

Makes 8 servings.
Preparation Time: 2 hours
Serving Ideas: Serve with "15-Creamy Roasted Garlic Sauce" (see recipe).
- This dish is very fun to present to a crowd because it is quite beautiful and delicious.
- The quickest way to make this dish is to use leftovers such as: roasted orange root vegetables (sweet potatoes and/or carrots - e.g., "Roasted Root Vegetables" (see recipe)) and leftover braised greens (kale, collards, and/or broccoli - e.g., "Kale with Sun-Dried Tomatoes" (see recipe)). Alternatively, use other various leftovers (e.g., refried black beans and "Roasted Mexican-Style Vegetables" (see recipe)) to make a new dish in this layered torte style.
Nutrition Facts
Servings Per Recipe 8
RICE
1 3/4 cups brown rice, short-grain, washed
4 cups no-salt-added vegetable broth, (or water)
1/2 teaspoon sea salt
2 tablespoons tahini
SWEET POTATO FILLING
2 1/4 pounds sweet potatoes, cut into 1" cubes (about 3 medium sweet potatoes)
1 teaspoon dark (toasted) sesame oil
1/4 teaspoon sea salt
1/4 cup pecans
COLLARD GREEN FILLING
1/2 teaspoon dark (toasted) sesame oil
1 medium onions, chopped
1 pound collard greens, chopped (about 16 leaves)
1/4 teaspoon sea salt
RICE
Prepare the rice by combining the rice, water, and sea salt in a pot. (This recipe uses a bit more liquid than would normally be used to cook rice, but this is because we want the rice to be wet and soft when it is finished cooking.) Cover and bring to a boil. Turn to low and simmer for 1 hour.
Once rice is finished cooking, stir in tahini and set aside.
SWEET POTATO FILLING
While rice is cooking, bake the sweet potatoes. Toss cut potatoes, oil, and salt in a bowl.
Transfer to baking sheet (it does not necessarily need to be oiled since the potatoes are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard,
and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.
When potatoes are finished roasting, remove from oven and blend in a food processor with pecans. Set aside.
COLLARD GREEN FILLING

While rice is cooking and potatoes are roasting, prepare the collards. Heat a skillet over medium-high heat and add oil. Saute onion and collard greens, sealing them one at a time (about 11 minutes total). Add the sea salt and cook for about 3+ minutes.
Briefly blend mixture in a food processor. I prefer the collards not completely pureed, but rather still with some texture.
TORTE ASSEMBLY
To assemble the torte, completely oil a 10 inch round spring form pan (especially the bottom) (or use a deep dish pie pan). Spread half of the rice in the bottom of the pie pan. Spread sweet potato filling on top of bottom rice layer. Then spread on the collard filling, and finally the remaining rice as the top layer. Bake in a 375 degree F (190 degree C) oven (no need to preheat oven and no need to cover the pan unless it starts looking too browned on top) for 30 minutes. Let cool out of the oven for 10 minutes. Either serve it from the pan, or turn it out upside down on to a large platter. Garnish as desired (such as, eatable flowers, shredded carrots, or parsley). Cut triangle pie shaped slices to serve.
VARIATIONS:
- Replace either the sweet potato filling or the collard green filling with a black bean filling (this can be made similar to the collard green filling using black beans instead of collards).
- Use kale or chard in place of collard greens.
Per serving: 323 Calories; 6g Fat (14% calories from fat); 10g Protein; 73g Carbohydrate; 0mg Cholesterol; 281mg Sodium

Saffron-Garbanzo Rice Pilaf in Filo Purse

Makes 8 servings.
Preparation Time: 1 hour, 20 minutes
Serving Ideas: Serve with "15- Cream Sauce"
Nutrition Facts
Servings Per Recipe 8
PILAF
1/4 teaspoon saffron threads
1/4 cup hot water
1 teaspoon olive oil
1 large onion, diced
2 medium carrots, diced
3 celery stalks, chopped
1 1/2 cups garbanzo beans, cooked, drained (a 15 oz. can is about 1 1/2 cups)
1 1/4 cups brown basmati rice, washed
2 servings 04-Preserved Lemons, chopped (half of one whole lemon)
1/4 teaspoon sea salt (or maybe a little more depending on the salt level in the preserved lemon soaking liquid - see directions)
1/3 cup preserved lemon soaking liquid (the liquid that was used to preserve the above lemons)
2 1/4 cups no-salt-added vegetable broth, (or water)
FILO PURSE
240 grams whole wheat filo, thawed (the weight of different filos varies) (overall, need about 12 18"x13" sheets)
1/4 cup olive oil, for brushing (overall quantity used will depend on amount brushed on each sheet)
GARNISH
1 serving 04-Preserved Lemons, sliced in 4 slivers (one quarter of a lemon)
PILAF
In a small bowl, soak saffron threads in the hot water. Save for later in the recipe.
Heat a pot (appropriate for cooking rice on the stove top) over medium-high heat and add oil. Saute onion, carrot, and celery, sealing them one at a time (about 20 minutes total).
Add the rice and beans and cook (stirring frequently) for 2 minutes.
Add the chopped preserved lemon, salt, liquid that was used to preserve the lemon, the broth, and the saffron with the saffron soaking liquid. (Note: the preserved lemon soaking liquid can be very salty, so use

less salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)
Cover pot and bring to a boil. When boiling, turn heat to low and simmer for 55 minutes.
Turn off heat.
FILO PURSE
Lay a sheet of parchment paper on a baking sheet. Lay down one sheet of filo on the parchment paper, and brush with olive oil. Repeat with all filo sheets. Mound pilaf in the center of the filo sheets, and fold filo edges up and over the top of the pilaf, tucking the edges in. Brush top of purse with olive oil. Bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes; you want the top filo layer to have a golden brown appearance, but cover it with foil if it gets to dark but the pilaf filling is not yet heated through. Make sure pilaf filling is hot all the way through; sometimes when the pilaf filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the purse all the way through.
GARNISH
Cut purse into wedges. When serving, garnish with slivers of preserved lemon.
VARIATIONS:
- Use white beans or cubes of fried tofu instead of garbanzo beans.
Per serving: 356 Calories; 11g Fat (25% calories from fat); 10g Protein; 64g Carbohydrate; 0mg Cholesterol; 415mg Sodium

Savory Cutlets

Makes 8 servings.
Preparation Time: 1 hour, 20 minutes
Serving Ideas: Serve topped with "15-Orange-Juniper Sauce" (see recipe).
- Serve with a hot nut sauce or a not-too-thick bean or flour sauce.
- This is a good dish for the winter holidays.
Nutrition Facts
Servings Per Recipe 8
VEGETABLES
4 servings 12-Roasted Tempeh and Vegetables
QUINOA
3/4 cup quinoa, washed
1 1/2 cups no-salt-added vegetable broth, (or water)
1/2 teaspoon sea salt (or 2 cups of leftover cooked quinoa and skip quinoa cooking instructions)
FINISHING
2 cups frozen green peas
1 tablespoon tamari soy sauce
1 1/2 teaspoons ground rosemary
VEGETABLES
If not already prepared, start to make the roasted tempeh and vegetables dish (see recipe).
QUINOA
Once quinoa is washed, place it in a sauce pan with broth and sea salt, cover, and bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes.
FINISHING
Once the quinoa is cooked, add the frozen green peas, tamari, and rosemary and mix into the hot quinoa. Mix in the roasted tempeh and vegetables. Briefly blend half of this mixture in a food processor and mix it back into the unblended half.
At this point, the mixture can be refrigerated and prepared later, or can be made into cutlets immediately.
BAKING
To make the cutlets:
Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cutlets can even stick a little to a non-stick baking sheet which messes up the cutlets, so I greatly prefer parchment paper because it always makes for very easy removal.

Form cutlets (square patties) with hands and place cutlets on baking sheet. If the mixture seems a little dry or crumbly, and it is difficult to form the cutlets, add some water until it gets a little mushy so that the croquettes can be easily formed, and so they stay together. If the mixture seems a little too wet, add some brown rice flour.
Overall, you want about 8 cutlets.
If desired, spray a little oil on each cutlet (this will make them brown nicely and give them a lightly crisp crust). Bake in a 400 degree F (200 degree C) oven (no need to preheat oven) for 25 minutes. Flip cutlets and bake another 15 minutes, or until they are golden brown and have crispy edges. If the mixture was cold from the refrigerator when you started, check to make sure that the cutlets are sufficiently warmed through.
VARIATIONS:
- Use rice in place of the quinoa and then cook the rice for 55 minutes.
- This mixture can also be formed into small bite sized servings, and served as an appetizer (very suitable finger food).
Per serving: 194 Calories; 5g Fat (19% calories from fat); 13g Protein; 33g Carbohydrate; 0mg Cholesterol; 607mg Sodium

Sicilian Rice Balls (Arancini di Riso)

Makes 8 servings.
Preparation Time: 2 hours
Serving Ideas: Serve with some steamed vegetables with no added fat.
- The original, decidedly non-vegan, recipe of this Italian treat was given to me by my friend Joe Ferr, with the challenge to "veganize" the recipe. This version of the recipe is much slimmer than the original which called for butter, Romano cheese, egg yolks, egg whites, chopped meat, and then the deep frying.
- An easy way to grind flax seeds is in a coffee grinder.
Nutrition Facts
Servings Per Recipe 8
RICE
1 1/2 cups brown rice, short-grain, washed
3 cups mushroom broth (or water with a 1/4 teaspoon sea salt)
1/4 teaspoon sea salt
"MEAT" FILLING
3 tablespoons olive oil
14 ounces gimme lean - sausage style, cut in small dice
1 large onion, finely chopped
6 garlic cloves, finely chopped
1/2 teaspoon ground black pepper
6 ounces tomato paste
REMAINING INGREDIENTS FOR RICE
2 tablespoons tahini
1/4 cup vegan Parmesan cheese alternative
5 ounces frozen peas
2 tablespoons ground flax seed
1/4 cup water
1 cup cornmeal
RICE
Prepare the rice by combining the rice, broth, and sea salt in a pot. Cover and bring to a boil. Turn to low and simmer for 50 minutes.
"MEAT" FILLING
While rice is cooking, prepare the filling. Heat a skillet over medium-high heat and add oil. Add small dice of gimme lean sausage, onion, and garlic, sealing them one at a time (about 15 minutes total). Add the pepper and tomato paste and cook for about 3+ minutes. Set aside until rice is ready.
FINAL RICE PREPARATIONS
When rice is finished cooking, stir the tahini and "vegan cheese" into the rice. Then add the frozen peas which will help cool the hot rice mixture a little so it will be easier to handle.

ASSEMBLY
In a bowl, using a fork, whip ground flax seed and water together. This will form a mixture a little like egg whites. In another bowl, place the cornmeal so it will be easy to roll the rice balls in the cornmeal. When rice is cool enough to handle, using wet hands, make a pancake shaped disk of rice, place some "meat" filling in the middle, and close the rice around it. You don't want the rice layer to be too thick, so make it as thin as possible, but so it still contains the "meat" filling. Roll rice ball in the flax-water mixture, and then dredge in the cornmeal. Set completed rice ball aside, and continue making rice balls. You should end up with about 16 balls.
FINAL FRYING OR BAKING
Just prior to serving, deep fry rice balls (this is the traditional method). If you don't want to have the added fat that come with deep frying, or just do not want to bother, place rice balls on a baking sheet and bake in a 400 degree F (203 degree C) oven (no need to preheat oven) for about 45 minutes, or until balls are lightly brown and crispy.
Per serving: 427 Calories; 11g Fat (23% calories from fat); 18g Protein; 65g Carbohydrate; 1mg Cholesterol; 1222mg Sodium

Stuffed Portabella Mushrooms

Makes 4 servings.
Preparation Time: 30 minutes
Serving Ideas: Serve with a dollop of "15-Tofu Sour Cream" (see recipe).
Nutrition Facts
Servings Per Recipe 4
2 pounds portabella mushrooms
(weight with the stems)
(want 4 medium-sized mushrooms)
2 teaspoons olive oil
1/8 teaspoon sea salt
1/8 teaspoon sea salt
3 servings 11-Millet-Bean Patties
(prepared, but not baked/roasted)
(see recipe)
Take the stems out of the portobella mushrooms and set aside to use for another dish. Brush dirt from mushroom caps. Gently wash the caps, but minimize the amount of time the mushroom is in contact with water, and use as little water as possible. Lightly coat the outsides of the mushroom caps with olive oil and then with 1/8 teaspoon of salt.
Place caps on baking sheet (it should not need to be oiled since the mushrooms on the outside are oiled) with the insides of the caps facing upwards. Sprinkle the other 1/8 teaspoon of salt over the insides of the mushroom caps.
Spoon millet-bean patty mixture on top of the mushroom caps forming a small "hill" (do not overfill as mushrooms shrink when they are cooked). Roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 25 minutes, or until the are well done, but not completely dried out.
Serve with "15-Tofu Sour Cream" or with "15-Creamy Roasted Garlic Sauce".
VARIATIONS:
- Simply use leftover cooked grain mixed with some leftover roasted or sauted vegetables for faster preparation of this dish.
Per serving: 803 Calories; 5g Fat (5% calories from fat); 24g Protein; 190g Carbohydrate; 0mg Cholesterol; 363mg Sodium

Vegetable Strudel

Makes 15 servings.
Preparation Time: 1 hour, 20 minutes
Serving Ideas: Serve with "15- Cream Sauce"

- This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pie/pastry, but simply can not be made without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and could be baked in a dish by itself, with a non-gluten pie crust (see recipe), or with a non-gluten biscuit topping.
- This strudel is nice to serve as a brunch as well.
- This recipe makes a large pan; if you have leftovers, they freeze very well.

Nutrition Facts
Servings Per Recipe 15
VEGETABLE MIXTURE
1 1/2 pounds Swiss chard
(stems removed and chopped)
(leaves chopped)
1 tablespoon olive oil
3 medium leeks, chopped
6 medium carrots, sliced
2 pounds asparagus, sliced
1 1/2 cups pine nuts
1/2 teaspoon ground nutmeg
1/2 teaspoon ground black pepper
2 teaspoons sea salt
240 grams whole wheat filo, thawed
(the weight of different filos varies)
(overall, you need 12 18"x13" sheets)
1/4 cup olive oil, for brushing
(overall quantity used will depend on
amount brushed on each sheet)
VEGETABLE MIXTURE
Remove the stems from the Swiss chard, and chop. Set aside. Chop Swiss chard leaves. Set aside separately. Heat a skillet over medium-high heat and add oil. Saute the chopped leeks for about 3 minutes. Add the chopped Swiss chard stems, and cook another 3 minutes. Add carrots, and cook another 3 minutes. Add asparagus, and cook until all vegetables are soft. Add chopped Swiss chard leaves, and cook until wilted. Stir in pine nuts, nutmeg, pepper, and salt, and cook a couple more minutes; turn off heat.
ASSEMBLY
To assemble the strudel, oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan, brushing each layer of filo with olive oil. Spread about 1/3 of the vegetable mixture on top of this first layer of filo. Continue this filo-filling layering until all filling if used, and then top with the last layer of filo (always brushing it with olive oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.
Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 30 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance. Make sure filling is hot all the way through; sometimes for a thick strudel when the filling has been made a day in advance and refrigerated, additional baking time will be needed to heat the strudel all the way through. Slices of strudel freeze very well.
VARIATIONS:
- To make a similar dish without any gluten (that is, without the filo), put the filling into a non-gluten pie crust and bake (instead of pulling the filling between filo sheets).
- Use combinations of vegetables (e.g., zucchini, red bell pepper, turnips, etc.)
- To lower the fat a little, be as sparing as possible with the olive oil when brushing it on the filo sheets, and use half as many pine nuts in the vegetable mixture.

Per serving: 185 Calories; 12g Fat (53% calories from fat); 6g Protein; 17g Carbohydrate; 0mg Cholesterol; 414mg Sodium

Tempeh and Tofu Dishes

Barbequed Tempeh

Makes 3 servings.
Preparation Time: 5 minutes
- A simple, high-protein, iron-rich, satisfying, home-style dish that has lots of flavor, and fairly low in fat.
- Just combine, heat, and eat.

Nutrition Facts
Servings Per Recipe 3
8 ounces tempeh, thawed and cubed
4 servings 15-Barbeque Sauce, (see recipe)
(about 1 1/3 cups)
In a skillet, gently cook tempeh in sauce for about 5+ minutes to integrate flavors. If you want the sauce to be thicker, cook a few minutes longer.
VARIATIONS:
- "Barbequed Seitan" - use drained and sliced prepared seitan (cooked wheat gluten) instead of tempeh - do not use seitan if you are sensitive or allergic to gluten.
- "Barbequed Baked Beans" - use beans (primarily pinto, but other types should be good too) instead of tempeh.

Per serving: 307 Calories; 7g Fat (19% calories from fat); 16g Protein; 51g Carbohydrate; 0mg Cholesterol; 160mg Sodium

Braised Tempeh and Cabbage

Makes 6 servings.
Preparation Time: 40 minutes
Nutrition Facts
Servings Per Recipe 6
CABBAGE
1 teaspoon olive oil
4 medium onions, chopped
10 garlic cloves, chopped
2 1/2 pounds cabbage, cut in 1" pieces
1 tablespoon caraway seed
1/2 teaspoon sea salt
TEMPEH
16 ounces tempeh, defrosted
2 teaspoons olive oil
2 cups sauerkraut "juice"
(the liquid in a jar of sauerkraut after
the sauerkraut is taken out)
(can also use pickle juice)
CABBAGE
Heat a thick bottomed pot over medium-high heat and add oil. Saute onion, garlic, and cabbage sealing them one at a time (about 14 minutes total). Add the caraway seed and sea salt and cook for about 3+ minutes.
TEMPEH

While the cabbage is cooking, cut tempeh into thin (1/4" thick) strips. Rub oil on tempeh strips. Heat large skillet on medium to medium-high heat. Add tempeh strips to skillet. Seal/brown one side of the tempeh strips. Flip over and seal/brown the other side (may need another teaspoon of oil if you don't feel like the amount rubbed on the strips was enough).
When sealed, add sauerkraut juice and cook over medium-high heat until all the liquid is absorbed. At this point, lower the heat a little and cook until the tempeh has dried out and, if possible, has become a little crispy again (be careful not to burn the tempeh).
Serve tempeh strips on top of the braised cabbage.
Per serving: 257 Calories; 9g Fat (28% calories from fat); 19g Protein; 32g Carbohydrate; 0mg Cholesterol; 711mg Sodium

Coconut Tempeh

Makes 6 servings.
Preparation Time: 1 hour
Serving Ideas: Serve over rice and vegetables.
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 6
TEMPEH
16 ounces tempeh, defrosted
SAUCE
2 tablespoons ginger juice, fresh (squeezed from fresh, grated ginger root)
14 ounces coconut milk
1 cup no-salt-added vegetable broth
1 tablespoon coconut extract
2 tablespoons brown rice syrup
3 tablespoons white miso
5 garlic cloves, minced
1/4 teaspoon sea salt
3 tablespoons coconut shreds
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.
VARIATIONS:
- Try using pressed tofu (or even drained black beans) instead of tempeh.
Per serving: 363 Calories; 23g Fat (52% calories from fat); 18g Protein; 31g Carbohydrate; 0mg Cholesterol; 421mg Sodium

Coconut-Ginger Tofu

Makes 6 servings.
Preparation Time: 30 minutes
Serving Ideas: Serve over rice and vegetables.
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 6
2 teaspoons sesame oil
32 ounces firm tofu (pressed to remove as much water as possible)
1 teaspoon ginger juice, fresh (squeezed from fresh, grated ginger root)

1 tablespoon coconut extract
2 tablespoons water
1/2 teaspoon sea salt
1/2 tablespoon ume vinegar
3 tablespoons coconut shreds
Cut tofu into medium-sized cubes. Heat a large skillet (works best if it is non-stick) on medium heat, and when it is hot, add the oil and then the tofu. Saute, flipping the tofu cubes occasionally, so they get a little crispy and brown on all sides. In a small bowl, mix together the ginger juice, coconut extract, water, sea salt, and ume vinegar. Once the tofu cubes achieve a nice firm texture and are slightly browned, and while the pan is hot, add the liquid mixture, stiring to get all the tofu some contact with the liquid (so it all get flavored). Turn off heat and mix in the coconut shreds.
VARIATIONS:
- "Coconut-Garlic Tofu" - Use 8 cloves of minced garlic in place of the ginger juice.
Per serving: 255 Calories; 16g Fat (52% calories from fat); 24g Protein; 9g Carbohydrate; 0mg Cholesterol; 186mg Sodium

Corn-Tofu Saute

Makes 8 servings.
Preparation Time: 40 minutes
Nutrition Facts
Servings Per Recipe 8
1 teaspoon unrefined corn oil
6 garlic cloves, minced
2 large onions, diced
4 ears of corn
(or 10 ounces of frozen corn kernels)
(approx. 2 cups corn kernels)
16 ounces tofu, firm
(pressed to remove as much water as possible)
3/4 teaspoon sea salt
1/2 teaspoon garlic powder
3/4 teaspoon ground white pepper
2 tablespoons nutritional yeast
1 teaspoon dill
Heat large skillet on medium to medium-high heat and add oil. Add garlic and onion, and saute for a few minutes
until the onion browns just slightly. While the garlic and onions are cooking, cut the corn off the cobs. Add the
corn, and cook for about 3 minutes.
Crumble tofu into the corn mixture. Add remaining ingredients and cook a few more minutes.
VARIATIONS:
- Add some sliced carrots with the garlic and onion.
- For a spicier version, add a 4 ounce can of chopped green chilies to the mixture with the tofu.
- "Corn Quiche" - Place mixture into a pie crust, and bake like a quiche (see the "11-Broccoli Quiche Filling" recipe for more information about putting the filling in a crust, and how long to bake it).
- "Quinoa-Cord Cakes" - Combine mixture with 4 cups of cooked quinoa, form into patties (adding brown rice flour if necessary so they form patties), place on a baking sheet, and bake in a 425 degree F (175 degree C) oven (no need to preheat oven) for about 30 minutes.
Per serving: 134 Calories; 6g Fat (36% calories from fat); 11g Protein; 12g Carbohydrate; 0mg Cholesterol; 192mg Sodium

Italian Pomegranate Tempeh

Makes 6 servings.
Preparation Time: 50 minutes
Serving Ideas: Serve over polenta.
Nutrition Facts
Servings Per Recipe 6
TEMPEH
16 ounces tempeh, defrosted
SAUCE
6 tablespoons balsamic vinegar
2 cups pomegranate juice
1/2 cup brown rice syrup
2 tablespoons dried basil
4 teaspoons dried oregano
1/2 teaspoon ground black pepper
6 garlic cloves, minced
2 tablespoons olive oil
1/2 teaspoon sea salt
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.
VARIATIONS:
- Try using pressed tofu (or even drained garbanzo beans) instead of tempeh.
Per serving: 306 Calories; 11g Fat (29% calories from fat); 15g Protein; 44g Carbohydrate; 0mg Cholesterol; 174mg Sodium

Jerk Tofu

Makes 6 servings.
Preparation Time: 1 hour
Serving Ideas: Serve over rice and vegetables.
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 6
TOFU
32 ounces extra firm tofu (pressed to remove as much water as possible)
SAUCE
1 teaspoon ginger juice, fresh (squeezed from fresh, grated ginger root)
2 cups mango juice (or mango nectar or apricot nectar)
1/8 cup dried chiles, cut in 1/4" squares
1 teaspoon sea salt
6 garlic cloves, minced
2 tablespoons whole sugar (e.g., Rapadura) (or Sucanat sugar)
2 tablespoons macadamia nut oil
2 tablespoons key lime juice
1/2 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1/2 teaspoon ground black pepper
1 1/2 teaspoons thyme
1/8 teaspoon ground cloves
1/4 teaspoon ground mace
1/2 small onion, diced

Slice the pressed tofu into cross-wise strips to create 3 inch by 1/2 inch strips. Place sliced tofu in the bottom of a 9x9 inch baking pan.
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tofu in the baking dish.
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until the sauce thickens and most of the liquid is absorbed into the tofu (about 45 minutes). About half way through baking, flip the tofu in the pan so all sides of the tofu absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tofu so the sauce covers more evenly.
VARIATIONS:
- "Jerk Tempeh" - replace the tofu with tempeh.
Per serving: 321 Calories; 18g Fat (46% calories from fat); 24g Protein; 22g Carbohydrate; 0mg Cholesterol; 344mg Sodium

Mexican-Style Tempeh

Makes 8 servings.
Preparation Time: 1 hour, 10 minutes
Serving Ideas: Serve with "15- Tofu Sour Cream" (see recipe).
- Can be served either as a side dish, or as a filling in enchiladas or burritos.
Nutrition Facts
Servings Per Recipe 8
1 1/2 teaspoons olive oil
2 teaspoons cumin seed
1/8 teaspoon cayenne, (or more to taste)
1/2 pound mushrooms, sliced (about 2 cups)
1 large onion, chopped
6 garlic cloves, minced
1/2 teaspoon ground fennel seed
1 1/2 tablespoons dried basil
8 ounces tempeh, thawed, diced small
28 ounces tomatoes, low sodium, diced
1/4 teaspoon sea salt
2 tablespoons brown rice flour, (or spelt flour)
1 tablespoon Tamari soy sauce
Heat a large pot over medium-high heat and add oil. Saute cumin seed and cayenne briefly, and then add the mushrooms. Cook mushrooms until liquid is gone, and then add the onion and garlic, and cook until they begin to brown a little. Add the ground fennel seeds and basil. Cook 2 more minutes. Add the tempeh, tomatoes, and salt and simmer for 30+ minutes.
To thicken, add the flour, sprinkling in a tablespoon at a time, stirring well after each addition. If the mixture is not as thick as you would like, you can add additional tablespoons of flour.
Before serving, stir in tamari.
Per serving: 115 Calories; 4g Fat (26% calories from fat); 8g Protein; 15g Carbohydrate; 0mg Cholesterol; 203mg Sodium

Orange-Miso Tempeh

Makes 6 servings.
Preparation Time: 1 hour
Serving Ideas: Serve over rice and vegetables.
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 6
TEMPEH
16 ounces tempeh, defrosted
SAUCE

1 teaspoon ginger juice, fresh
(squeezed from fresh, grated ginger root)
6 fluid ounces orange juice, frozen concentrate
1 3/4 cups no-salt-added vegetable broth
3 tablespoons white miso
3 tablespoons sucanat sugar, or granulated sugar
10 garlic cloves, minced
3 tablespoons dark (toasted) sesame oil
1 teaspoon juniper berries, (optional)
1/4 teaspoon sea salt
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan.
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.
VARIATIONS:
- Try using pressed tofu (or even drained black beans) instead of tempeh.
Per serving: 320 Calories; 13g Fat (32% calories from fat); 18g Protein; 45g Carbohydrate; 0mg Cholesterol; 412mg Sodium

Pan Fried Tofu with Preserved Lemon

Makes 4 servings.
Preparation Time: 30 minutes
Nutrition Facts
Servings Per Recipe 4
2 teaspoons olive oil
16 ounces firm tofu (pressed to remove as much water as possible)
4 servings 04-Preserved Lemons, chopped (one whole lemon)
1/4 teaspoon sea salt (or maybe a little more depending on the salt level in the preserved lemon soaking liquid - see directions)
1/4 cup preserved lemon soaking liquid (the liquid that was used to preserve the above lemons)
GARNISH
1 serving 04-Preserved Lemons, sliced in 4 slivers (one quarter of a lemon)
Cut tofu into medium-sized cubes. Heat a large skillet (works best if it is non-stick), and when it is hot, add the oil and then the tofu. Saute, flipping the little tofu cubes occasionally, so they get a little crispy and brown.
Once they achieve a nice firm texture, add the chopped preserved lemon, salt, and liquid that was used to preserve the lemon, and cook on a medium to medium-high heat until the sauce absorbs into the tofu (maybe 5 minutes).
(Note: the preserved lemon soaking liquid can be very salty, so use less salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)
Turn off heat. When serving, garnish with slivers of preserved lemon.
VARIATIONS:
- Try with preserved limes instead of lemons.
- "Preserved Lemon-Tofu Rice" - mix the resulting pan fried tofu with lemon in with hot cooked rice.
Per serving: 254 Calories; 12g Fat (40% calories from fat); 18g Protein; 23g Carbohydrate; 0mg Cholesterol; 724mg Sodium

Roasted Tempeh and Vegetables

Makes 4 servings.
Preparation Time: 40 minutes
Serving Ideas: Serve with a cooked whole grain for a complete meal.
Nutrition Facts
Servings Per Recipe 4
BROCCOLI
2 cups broccoli florets
1/2 cup broccoli stalks, peeled, sliced
(florets and stalks from 1 bunch)
VEGETABLES AND TEMPEH
1 small onion, thinly sliced
3 large carrots, cut into 1/2" pieces
8 ounces tempeh, thawed, diced small
5 garlic cloves, halved
1 1/2 teaspoons dark sesame oil
1 teaspoon dried basil
1 teaspoon sea salt
WITH THE BROCCOLI FLORETS
1/2 teaspoon dark sesame oil
1/4 teaspoon sea salt
FINISHING
1 tablespoon sweet sherry, (or mirin)
BROCCOLI
To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) slice the stalks.
VEGETABLES AND TEMPEH
Toss the sliced broccoli stalks with the cut onions, carrots, tempeh, garlic, oil, basil, and salt in a bowl. (Leave the broccoli florets aside for now).
Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 35 minutes (check near the end of 35 minutes to make sure they are not getting too browned; if they are, move on to the next step with the broccoli florets).
BROCCOLI FLORETS
Toss broccoli florets, oil, and salt in a bowl. Add these florets to the baking sheet and mix with the tempeh/carrot mixture. Continue to roast until the vegetables are not hard, and have browned (about 20 to 30 more minutes).
Toss vegetables every 10 minutes during this final period to ensure they do not burn on any one side.
FINISHING
When vegetables are not hard any more and broccoli florets are lightly browned, remove from oven and sprinkle
with sweet mirin.
VARIATIONS:
- Use other vegetable combinations such as zucchini, cauliflower, fennel, potatoes, etc.
Per serving: 203 Calories; 7g Fat (29% calories from fat); 15g Protein; 24g Carbohydrate; 0mg Cholesterol; 624mg Sodium

Savory Tempeh Patties

Makes 6 servings.
Preparation Time: 45 minutes
Serving Ideas: Serve "15-Creamy Roasted Garlic Sauce" (see recipe).
- An easy way to grind flax seeds is in a coffee grinder.
Nutrition Facts
Servings Per Recipe 6
8 ounces tempeh, thawed

2 tablespoons ground flax seed (or brown rice flour)
2 teaspoons unrefined corn oil
1 3/4 tablespoons Tamari soy sauce
2 tablespoons sweet sherry, (or mirin) (or water)
1/4 teaspoon ground sage
1/4 teaspoon ground rosemary
1/2 teaspoon ground thyme
1/4 teaspoon marjoram
Oil a baking sheet if it is not non-stick.
Steam tempeh for 10 minutes. Shred tempeh into mixing bowl. Add remaining ingredients and mix well. Shape into patties, place on the baking sheet, and bake in a 350 degree F (175 degree C) oven (no need to preheat the oven) for 30 minutes until golden brown.
Per serving: 109 Calories; 5g Fat (42% calories from fat); 8g Protein; 8g Carbohydrate; 0mg Cholesterol; 296mg Sodium

Spicy-Green Chili-Tempeh

Makes 3 servings.
Preparation Time: 20 minutes
Serving Ideas: Serve over rice or polenta.
Nutrition Facts
Servings Per Recipe 3
1 teaspoon olive oil
1 large onion, chopped
8 ounces tempeh, defrosted
4 ounces canned chopped green chilies
1 teaspoon cumin powder
1/8 teaspoon sea salt
1 tablespoon Tamari soy sauce
Heat large skillet on medium to medium-high heat and add oil. Saute onion until well browned (about 7 minutes).
Cut tempeh into about 20 cubes. Add tempeh and cook for about 5 minutes. Add green chilies, cumin, and salt. Cook for 5+ minutes.
Finish by adding the tamari.
Per serving: 200 Calories; 8g Fat (32% calories from fat); 16g Protein; 20g Carbohydrate; 0mg Cholesterol; 423mg Sodium

Sweet Ginger Tempeh and Sweet Potatoes

Makes 8 servings.
Preparation Time: 1 hour
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 8
VEGETABLES
1 small onion, sliced thin
1 pound sweet potatoes, cut into 1" pieces (about 2 medium sweet potatoes)
2 teaspoons dark sesame oil
1 teaspoon sea salt
3 small zucchini, cut 1/2 inch thick
1 teaspoon dark sesame oil
1/4 teaspoon sea salt
TEMPEH
8 ounces tempeh, defrosted
SAUCE

1/2 cup no-salt-added vegetable broth, (or water)
1 cup pineapple-coconut juice/nectar
1 tablespoon raisins, seedless
1 tablespoon coconut shreds
1/4 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
5 garlic cloves, minced
1 1/2 teaspoons ginger juice, fresh (squeezed from fresh, grated ginger root)
1 tablespoon maple syrup
1 teaspoon dark sesame oil
1/2 teaspoon sea salt
VEGETABLES
Place the sliced onion and cut sweet potato in a large bowl. Add the sesame oil and toss to coat vegetables. Add the sea salt and toss again. Transfer vegetables to a baking sheet (no need to oil the pan if it is non-stick since the potatoes are oiled, but you probably want to put a little oil on the pan if it is a regular pan). Place zucchini in a bowl, and toss with oil and salt in the same way. These will not be added to the baking sheet now because they cook much faster than sweet potatoes. Put these zucchini aside to be added to the baking sheet later.
TEMPEH
Slice defrosted tempeh cross-wise to create 1 inch by 1 inch squares. Place sliced tempeh in bottom of a loaf pan (if you are doubling this recipe, use a 9x9 inch baking pan, and if you are more than doubling this recipe, use a 9x13 inch baking pan or multiple pans). The overall goal is to have all the tempeh slices covered in sauce when they are in the baking pan.
SAUCE
Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.
BAKING
Place both the sweet potato/onion baking sheet and the tempeh baking pan (with sauce) into an oven and bake (roast) at 450 degree F (230 degree C) (no need to preheat the oven) for about 30 minutes. At this point, add the prepared zucchini (oiled and salted) to the baking sheet with the sweet potatoes. Mix the sweet potato and zucchini together. Additionally, flip the tempeh in the baking pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Put both the baking sheet and baking pan back into the oven and continue baking/roasted until the sweet potatoes are not hard, and have browned. This could take another 20 minutes, but could be longer to get the sweet potatoes soft. During these last minutes of baking, gently mix the sweet potatoes and zucchini every 10 minutes to ensure they do not burn on any one side. The tempeh sauce should be bubbling (and a little more than half of the sauce absorbed into the tempeh) after a total of 50 minutes, and at that point, the tempeh can be removed. Once the sweet potatoes are soft, remove from oven. Pour both the tempeh (with the sauce) and sweet potatoes and zucchini into a large bowl, and gently mix the tempeh and vegetables so the sauce covers the vegetables as well.
Makes about 6 cups.
VARIATIONS:
- Add pineapple chunks to the sauce.
Per serving: 168 Calories; 5g Fat (24% calories from fat); 7g Protein; 27g Carbohydrate; 0mg Cholesterol; 425mg Sodium

Tempeh with a Mediterranean Tomato-Olive Sauce

Makes 6 servings.
Preparation Time: 1 hour
Serving Ideas: Serve over polenta.
Nutrition Facts
Servings Per Recipe 6
TEMPEH
16 ounces tempeh, defrosted
SAUCE

6 ounces tomato paste
1 cup no-salt-added vegetable broth
2 cups red wine
1/2 cup sucanat sugar
(or granulated sugar)
1 tablespoon dried basil
2 tablespoons dried oregano
1/2 cup chopped olives
8 garlic cloves, minced
2 tablespoons balsamic vinegar
2 tablespoons olive oil
1/2 teaspoon sea salt
Slice defrosted tempeh cross-wise to create 3 inch by 1/2 inch strips. Place sliced tempeh in bottom of a 9x9 inch baking pan. Combine all sauce ingredients in a sauce pan, and heat. Once this comes to a simmer, pour it over tempeh in baking dish.
Bake dish in a 450 degree F (230 degree C) oven (no need to preheat oven) until most of the liquid is absorbed into the tempeh (about 45 minutes). About half way through baking, flip the tempeh in the pan so all sides of the tempeh absorb the sauce evenly, and so both the top and the bottom have a chance to get a little brown. Remove from oven, and gently mix the tempeh so the sauce covers more evenly.
VARIATIONS:
- Try using pressed tofu (or even drained garbanzo beans) instead of tempeh.
Per serving: 361 Calories; 12g Fat (30% calories from fat); 17g Protein; 46g Carbohydrate; 0mg Cholesterol; 565mg Sodium

Teriyaki Tempeh

Makes 3 servings.
Preparation Time: 15 minutes
Nutrition Facts
Servings Per Recipe 3
8 ounces tempeh, defrosted
1 teaspoon dark (toasted) sesame oil
1 tablespoon Tamari soy sauce
1 tablespoon sweet sherry, (or mirin)
Cut tempeh into thin (1/4" thick) strips. Rub oil on tempeh strips. Heat large skillet on medium to medium-high heat. Add tempeh strips to skillet. Seal/brown one side of the tempeh strips. Flip over and seal/brown the other side (may need another teaspoon of oil if you don't feel like the amount rubbed on the strips was enough). When sealed, transfer to plate, and splash tamari and sherry over tempeh, mixing to coat evenly. If you want it more dried out and crispy, place strips into a hot oven and bake for a few minutes to desired consistency.
Per serving: 174 Calories; 7g Fat (37% calories from fat); 15g Protein; 14g Carbohydrate; 0mg Cholesterol; 340mg Sodium

Vegetables

Baked Cauliflower

Makes 8 servings.
Preparation Time: 1 hour, 5 minutes

- An easy way to cook cauliflower; results in a very soft cauliflower that melts in your mouth.
Nutrition Facts
Servings Per Recipe 8
4 pounds cauliflower florets (from about two medium heads of cauliflower) (slice entire cauliflower into thick 1 inch slices)
5 cloves garlic, halved
12 1/3 ounces tofu, low-fat silken
2 tablespoons olive oil
2 tablespoons Non-Hydrogenated Vegetable Oil Spread
3 cups unsweetened soy milk
1 teaspoon ground white pepper
1 1/2 teaspoons sea salt
Place thick slices of cauliflower flat in the bottom of a oiled 9 x 13 baking pan. Scatter in the halved garlic cloves. Blend remaining recipe ingredients (either in a food processor or a blender) until smooth. Pour into the baking pan over the cauliflower and garlic. Cover pan with foil and bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 50 minutes, or until the cauliflower is soft and most of the liquid has evaporated. Remove foil and continue to bake for another 10 minutes (rest of the liquid should bake off). Serve.
VARIATIONS:
- Add a chopped fennel bulb to the baking pan with the cauliflower.
Per serving: 158 Calories; 8g Fat (43% calories from fat); 10g Protein; 15g Carbohydrate; 0mg Cholesterol; 479mg Sodium

Braised Broccoli

Makes 8 servings.
Preparation Time: 25 minutes
Nutrition Facts
Servings Per Recipe 8
8 cups broccoli florets
2 cups broccoli stalks, peeled, sliced (florets and stalks from 4 bunches)
2 teaspoons olive oil
1 large onion, diced
8 garlic cloves, minced
1/4 teaspoon sea salt
1 tablespoon Tamari soy sauce
1 tablespoon sweet sherry, (or mirin)
To prepare the broccoli: a) cut off the florets, b) peel the stalks, and c) slice the stalks.
Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the sliced broccoli stalks (the most tender part of the broccoli plant). Cook until the onion starts to brown (about 8 minutes). Add the broccoli florets and cook a few more minutes. Lastly, add garlic, and cook another few minutes. Add the salt, tamari and sherry at end, and cook one minute.
VARIATIONS:
- Add some sliced carrots after the onion.
- "Braised Brussels Sprouts" - Use halved Brussels sprouts in place of the broccoli. Serve sprinkled with bread
crumbs.
Per serving: 74 Calories; 2g Fat (18% calories from fat); 6g Protein; 12g Carbohydrate; 0mg Cholesterol; 215mg Sodium

Broccoli Rabe with Shiitake Mushrooms

Makes 6 servings.
Preparation Time: 30 minutes
- Broccoli rabe, also called rapini, is more leafy than regular heads of broccoli, and is high in calcium.
Nutrition Facts

Servings Per Recipe 6
1 teaspoon olive oil
1/4 pound shiitake mushrooms, halved (about 1 cup)
1 large onion, diced
5 cups broccoli rabe, chopped (about 2 bunches)
4 cups red cabbage, chopped (about one medium head)
4 garlic cloves, minced
3/4 teaspoon sea salt
Heat large skillet on medium to medium-high heat and add oil. Saute mushrooms for a few minutes until all liquid is cooked off, then add the onion. Cook for about 5 minutes.
Add chopped broccoli rabe and cook a few more minutes.
Add chopped cabbage, and cook for about 10 minutes. Lastly, add garlic, and cook another few minutes.
Season with sea salt at end, and cook one minute.
VARIATIONS:
- Add some sliced carrots after the onion.
Per serving: 99 Calories; 1g Fat (8% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 252mg Sodium

Brussels Sprouts With Hazelnuts

Makes 8 servings.
Preparation Time: 25 minutes
Nutrition Facts
Servings Per Recipe 8
2 teaspoons sesame oil
1 medium onion, diced
1 1/4 pounds Brussels sprouts, cut in half
6 garlic cloves, minced
1/2 teaspoon sea salt
1/4 cup ground hazelnuts
Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the halved Brussels sprouts. Cook until the onion starts to brown (about 8 minutes). Add garlic, and cook another couple minutes. Add the salt and ground nuts, and cook one minute.
VARIATIONS:
- Add some sliced carrots after the onion.
Per serving: 61 Calories; 3g Fat (36% calories from fat); 3g Protein; 8g Carbohydrate; 0mg Cholesterol; 134mg Sodium

Collards with Corn and Red Bell Pepper

Makes 8 servings.
Preparation Time: 25 minutes
- Collards are one of the very nutritionally dense greens (like kale).
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.
Nutrition Facts
Servings Per Recipe 8
1/2 teaspoon olive oil
1 large onions, chopped
1 medium red bell peppers, diced
3 pounds collard greens, chopped (thick stems removed) (no long stringy pieces) (about 48 leaves)
1/2 teaspoon cayenne
1 cup corn, frozen
3/4 teaspoon sea salt

Heat a thick bottomed pot over medium-high heat and add oil. Saute onion, red bell pepper, and collard greens sealing them one at a time (about 14 minutes total). Add the cayenne, frozen corn, and sea salt and cook for about 3+ minutes.
VARIATIONS:
- Could add cooked black beans to this dish with the corn.
- Try vegetable variations in addition to or in place of red bell peppers, e.g., add carrots, green chilies, fermented
black beans, etc.
Per serving: 82 Calories; 1g Fat (13% calories from fat); 5g Protein; 16g Carbohydrate; 0mg Cholesterol; 211mg Sodium

Creamed Kale

Makes 8 servings.
Preparation Time: 25 minutes
Serving Ideas: Serve as a sauce over rice and roasted vegetables.
- Kale is one of the very nutritionally dense greens (like collards).
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so).
Nutrition Facts
Servings Per Recipe 8
3 pounds kale (about 3 bunches)
1/4 teaspoon olive oil
1 large onion, chopped
1/2 teaspoon sea salt
"CREAM"
1/4 cup almond butter
1 cup water
2 tablespoons white miso
1/2 teaspoon ground white pepper
Prepare kale by washing and cutting the leaf part from the stem. Discard the stems (they are too woody for a
creamed kale dish). Finely chop the leaves.
Heat a large pot over medium-high heat and add oil. Saute onion and kale, sealing them one at a time (about 12 minutes total). Add kale and cream mixture to a food processor and blend until mixture is fairly smooth (about 5 minutes). Transfer back to the large pot and heat for about 3+ minutes.
VARIATIONS:
- Use collards instead of kale.
Per serving: 118 Calories; 6g Fat (39% calories from fat); 5g Protein; 15g Carbohydrate; 0mg Cholesterol; 322mg Sodium

Glazed Arame

Makes 8 servings.
Preparation Time: 10 minutes
- Arame is the most mild of the sea vegetables, so it is a good introductory sea vegetable. The saltiness and sweetness added to this side dish also helps mellow the sea vegetable.
Nutrition Facts
Servings Per Recipe 8
3 ounces arame sea vegetable
1 teaspoon dark (toasted) sesame oil
2 tablespoons Tamari soy sauce
2 tablespoons sweet sherry, (or mirin)
4 tablespoons brown rice syrup

Wash arame in multiple changes of water until water that is poured off is fairly clear. Let soak in fresh water (fully covered) for about 10-15 minutes. Drain again. Heat large skillet on medium to medium-high heat. Add oil to skillet, spread around, and add arame, quickly mixing to get oil evenly on all arame. Seal for about 4 minutes, then add tamari, sherry, and brown rice syrup.
Cook gently for 5 more minutes.
Per serving: 39 Calories; 1g Fat (15% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 345mg Sodium

Hearty Greens and Chickpea Saute

Makes 8 servings.
Preparation Time: 25 minutes
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

Nutrition Facts
Servings Per Recipe 8
GREENS
1 teaspoon olive oil
2 large onions, chopped
3 medium carrots, sliced
3 pounds mixed hearty greens, chopped
(e.g., collards, kale, and/or chard)
(thick stems removed)
(no long stringy pieces)
(about 48 leaves)
CHICKPEA MIXTURE
1 1/2 cups chickpeas, cooked, drained
(a 15 oz. can is about 1 1/2 cups)
3/4 cup red wine
1/2 teaspoon sea salt
2 tablespoons Sucanat sugar, or granulated sugar
FINISHING
1/2 teaspoon sea salt
GREENS
Heat a skillet over medium-high heat and add oil. Saute onions, carrots, and mixed hearty greens sealing them one
at a time (about 14 minutes total).
CHICKPEA MIXTURE
While vegetables are sauteing, combine chickpeas, wine, first portion of salt, and sugar in a small pan and cook together. Cook gently until there is no liquid left. The idea is to impact a sweetened red wine flavor into the chickpeas.
FINISHING
When vegetables are done sauteing, add second portion of salt, stir, and then add the chickpeas mixture and cook for about 1 minute.
1 serving = about 3/4 cup.
VARIATIONS:
- Instead of using chickpeas, try another bean such as white beans.
Per serving: 159 Calories; 2g Fat (13% calories from fat); 8g Protein; 27g Carbohydrate; 0mg Cholesterol; 295mg Sodium

Indian Cauliflower

Makes 6 servings.

Preparation Time: 50 minutes
Nutrition Facts
Servings Per Recipe 6
1 tablespoon olive oil
2 teaspoons ground coriander
1 tablespoon cumin seed
3/4 teaspoon ground fenugreek seed
2 medium onions, diced
6 cups cauliflower florets
(from one large head of cauliflower)
(don't cut the florets, instead try to
separate them with your fingers so they
are about 2 inch cubes)
3 medium fresh tomatoes
1 teaspoon sea salt
Heat large skillet on medium to medium-high heat and add oil. Add spices and cook until fragrant. Add onion and saute for a about 3 minutes. Then reduce heat and continue to saute until the onions are very brown (about 10 more minutes). Reduce heat more if the onions start to stick or the bottom of the pan starts to brown too much. Add cauliflower and mix so the onions get tossed around with the cauliflower. Cook for about 10 minutes without a lid, stiring occasionally, so the cauliflower gets little small light brown areas.
Cut the fresh tomatoes in half, and with a shredder where the cut side of the tomato is down, shred the flesh of the tomatoes into the pan. After shredding the flesh in, you should just be left with the skin which you can discard. Do this for all the fresh tomato halves. Add the salt and mix the tomato flesh in with the onions and cauliflower. Cover pan, and cook for about 20 minutes until the cauliflower is tender and the sauce thickens a little. Spoon some of the tomato/onion sauce on a plate, add cauliflower, and serve.
VARIATIONS:
- Use canned tomato sauce instead of fresh tomato puree to make the preparation faster.
Per serving: 83 Calories; 3g Fat (29% calories from fat); 3g Protein; 13g Carbohydrate; 0mg Cholesterol; 353mg Sodium

Kale with Sun-Dried Tomatoes

Makes 8 servings.
Preparation Time:
25 minutes
- Kale is one of the very nutritionally dense greens (like collards).
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.
Nutrition Facts
Servings Per Recipe 8
1/4 cup sun-dried tomatoes, (about 6 halves)
1/4 cup hot water
1/4 teaspoon olive oil
1 large onion, chopped
3 pounds kale, chopped
(about 3 bunches)
1/2 teaspoon sea salt
Set sun-dried tomatoes to soak in water. Set aside.
Heat a large pot over medium-high heat and add oil. Saute onion and kale, sealing them one at a time (about 12 minutes total). Drain the sun-dried tomatoes and slice them. Add them and the sea salt to the kale mixture. Cook for about 3+ minutes.
VARIATIONS:
- Try vegetable variations in addition to or in place of tomatoes, e.g., add carrots, green chilies, fermented black beans, etc.

Per serving: 63 Calories; 1g Fat (11% calories from fat); 4g Protein; 13g Carbohydrate; 0mg Cholesterol; 199mg Sodium

Orange Glazed Broccoli with Carrots and Kale

Makes 6 servings.
Preparation Time: 30 minutes
- See the "Glossary of Ingredients" for information about making ginger juice.
Nutrition Facts
Servings Per Recipe 6
4 cups broccoli florets
1 cup broccoli stalks, slivered (need ~2 bunches to have enough florets)
1 teaspoon olive oil
1 large onion, diced
3 carrots, sliced
1 1/2 pounds kale, chopped (or collards)
1 teaspoon sea salt
GLAZE
1 cup orange juice
(fresh squeezed from about 2 oranges)
1 tablespoon ginger juice, fresh, grated
(squeezed from fresh, grated ginger root)
1 tablespoon sweet sherry, (or mirin)
4 tablespoons brown rice flour, (or spelt flour)
To prepare the broccoli: a) cut off the florets, b) select the most tender, and least woody stalks (enough to make the slivered stalks called for in the ingredients), and c) sliver the stalks.
Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the slivered broccoli stalks (the most tender part of the broccoli plant). Cook until the onion starts to brown (about 7 minutes). Add carrots and continue to cook. Add the broccoli florets and kale and cook a few more minutes. Add sea salt.
GLAZE Combine juices, sherry and flour, and add to the vegetables. Cook for a few minutes until glaze has thickened.
VARIATIONS:
- Use red bell pepper in addition to, or in place of, carrots.
Per serving: 143 Calories; 2g Fat (11% calories from fat); 7g Protein; 28g Carbohydrate; 0mg Cholesterol; 377mg Sodium

Roasted Green Beans with Balsamic Vinegar

Makes 8 servings.
Preparation Time: 40 minutes
Nutrition Facts
Servings Per Recipe 8
2 pounds green beans
5 garlic cloves, crushed
1 teaspoon olive oil
1/2 teaspoon sea salt
2 tablespoons balsamic vinegar
1/4 teaspoon sea salt
Toss green beans, garlic, olive oil, and salt in baking dish, and roast in a 350 degree F (175 degree C) oven (no need to preheat oven). After 20 minutes, pour the balsamic vinegar over the green beans on the baking sheet, stir, and continue to roast in over for another 10 minutes, or until the green beans have the texture you would like. Once removed from oven, add 1/4 teaspoon of sea salt and stir.
VARIATIONS:
- "Roasted Asparagus" - use asparagus spears in place of green beans.

- Try this with other vegetables.
Per serving: 39 Calories; 1g Fat (13% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 182mg Sodium

Roasted Mexican-Style Vegetables

Makes 8 servings.
Preparation Time: 40 minutes
- Depending on the chilies used, and on the amount of cayenne used, this dish can be very spicy.
Nutrition Facts
Servings Per Recipe 8
1 large onion, thinly sliced
3 large red bell peppers, cut into 2" pieces
2 large carrots, cut into 2" pieces
1/2 medium red cabbage, cut into 2" pieces
2 medium Anaheim chili peppers, cut into 2" pieces
1 cup kidney beans, cooked (see "Glossary of Cooking Terms" for more information about cooking beans)
1 1/2 teaspoons unrefined corn oil
2 teaspoons cumin powder
2 tablespoons dried oregano
1/8 teaspoon cayenne, to taste
1 teaspoon sea salt
2 tablespoons red wine, (optional)
Toss cut vegetables, kidney beans, oil, herbs, spices, salt, and wine if desired in a bowl.
Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.
VARIATIONS:
- Add pitted olives. Note: this will increase the percentage of calories from fat.
Per serving: 83 Calories; 1g Fat (15% calories from fat); 4g Protein; 15g Carbohydrate; 0mg Cholesterol; 251mg Sodium

Roasted Mixed Vegetables

Makes 8 servings.
Preparation Time: 40 minutes
- These vegetables are great for using in other dishes because their flavor is dramatically enhanced after roasting. For example, these vegetable can be chopped smaller and added to a grain to make burgers/patties.
Nutrition Facts
Servings Per Recipe 8
1 large onion, thinly sliced
2 large potatoes, cut into 2" pieces
2 large carrots, cut into 1" pieces
3 cups green beans, cut into 2" pieces
5 garlic cloves, crushed
1 1/2 teaspoons olive oil
1 teaspoon sea salt
Toss cut vegetables, oil, and salt in a bowl.
Transfer to baking sheet (it should not need to be oiled since the vegetables are oiled) and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 40 minutes, or until the vegetables are not hard, and have browned. During the last 20 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.

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VARIATIONS:
- Use herbs and spices for different flavors (rosemary and/or basil for an Italian flavor, or garam masala for an Indian flavor).

Per serving: 88 Calories; 1g Fat (10% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 247mg Sodium

Roasted Root Vegetables

Makes 8 servings.
Preparation Time: 40 minutes
- I love to roast vegetables because it is so simple, requires very little attention, and always dramatically heightens the flavors of the vegetables. Root vegetables always get sweeter with roasting.

Nutrition Facts
Servings Per Recipe 8
1 large onion, thinly sliced
2 large potatoes, cut into 2" pieces
3 1/2 pounds sweet potatoes, cut into 2" pieces
(about 4 large sweet potatoes)
2 large carrots, cut into 1" pieces
5 garlic cloves, crushed
1 1/2 teaspoons olive oil
2 tablespoons dried dill weed
1 teaspoon sea salt
Toss cut vegetables, oil, dill, and salt in a bowl.
Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet).
The vegetables can even stick a little to a non-stick baking sheet which messes up the vegetables, so I greatly prefer parchment paper because it always makes for very easy removal.
Transfer vegetables to the baking sheet and roast in a 450 degree F (230 degree C) oven (no need to preheat oven) for about 50 minutes, or until the vegetables are not hard, and have browned. During the last 30 minutes of roasting, toss vegetables every 10 minutes to ensure they do not burn on any one side.
VARIATIONS:
- Add sliced celery (during the last 30 minutes of roasting) for a crunch.
- Use different types of herbs or spices in place of dill weed (such as rosemary, basil, or garam masala for an Indian flavor).

Per serving: 229 Calories; 1g Fat (6% calories from fat); 4g Protein; 51g Carbohydrate; 0mg Cholesterol; 265mg Sodium

Sauted Collards with Preserved Lemon and White Beans

Makes 6 servings.
Preparation Time: 25 minutes
- Be careful not to overcook greens. If you have had boiled greens, and did not like them, give this dish a try as greens prepared in a saute method are much more palatable than boiled greens (at least some of us think so). This dish could convert some of those who have not liked greens in the past.

Nutrition Facts
Servings Per Recipe 6
1 teaspoon olive oil
2 medium onions, chopped
2 servings 04-Preserved Lemons, chopped
(half of one whole lemon)
1 1/2 cups white beans, cooked, drained, rinsed

(a 15 oz. can is about 1 1/2 cups)
1/2 teaspoon sea salt
(or maybe a little more depending on the
salt level in the preserved lemon soaking
liquid - see directions)
2 tablespoons preserved lemon soaking liquid
(the liquid that was used to preserve the
above lemons)
2 pounds collard greens, chopped
(thick stems removed)
(no long stringy pieces)
(about 32 leaves)
GARNISH
1 serving 04-Preserved Lemons, sliced in 4 slivers
(one quarter of a lemon)
Heat a large pot over medium-high heat and add oil. Saute onions until they start to brown a little.
Add the chopped preserved lemon, and cook another 3 minutes. Add the beans, salt, and the preserved lemon soaking liquid, and continue to cook for another 3 minutes. (Note: the preserved lemon soaking liquid can be very salty, so use less salt if you want the overall dish to be less salty; the amount of preserved lemon soaking liquid called for in this recipe is based on a soaking liquid from the "04-Preserved Lemons" recipe in this book; if you use a different preserved lemon recipe, the soaking liquid may end up to be more or less salty, so adjust as needed.)
Add the chopped collard greens, and cook until wilted. Do not overcook.
GARNISH
When serving, garnish with slivers of preserved lemon.
VARIATIONS:
- Instead of using white beans, try another bean such as black eyed peas or garbanzo beans.
Per serving: 161 Calories; 2g Fat (10% calories from fat); 9g Protein; 31g Carbohydrate; 0mg Cholesterol; 426mg Sodium

Spiced Butternut Squash Puree

Makes 10 servings.
Preparation Time: 1 hour, 10 minutes
Serving Ideas: Serve with toasted, shredded coconut and/or hazelnuts.
Nutrition Facts
Servings Per Recipe 10
4 pounds butternut squash
(about 2 medium squash)
(or another type of winter squash)
(or about 25 ounces of canned pumpkin)
1/2 teaspoon olive oil
1 tablespoon ground fennel seeds
3/4 teaspoon ground cardamom
1 tablespoon green chili peppers, minced
(or 1/8 teaspoon cayenne pepper)
2 tablespoons maple syrup, (or to taste)
1/4 teaspoon sea salt
GARNISH
3 tablespoons lime juice
(from 2 fresh limes)

Wash squash. Place whole squash in the oven, and bake at 375 degrees F (190 degrees C) (no need to preheat the oven). Bake until the entire squash is very soft (test with a fork). This could take around an hour, but test to be sure the squash is soft so that it will puree very easily.

Cut open, seed, and peel the cooked squash. The squash should be very tender when it is fully cooked. Place the pulp in a food processor and puree (alternatively, puree by hand in a bowl with a hand mixer or a potato masher; if it is not very soft, then it is better to use the food processor because it can puree better).

(I think the flavor of fresh baked squash is better, but you can also use canned pumpkin puree if you don't have time to bake your own. If using canned squash, this dish is very quick to make.)
Heat a skillet over medium-high heat and add oil. Add the fennel seed, cardamom, and the chilies. After a few seconds, add the squash puree, maple syrup, and salt. Cook, stirring frequently, until thickened and heated through, about 5 minutes. Before serving, sprinkle with lime juice. Makes 4 cups.
Per serving: 85 Calories; 1g Fat (5% calories from fat); 2g Protein; 21g Carbohydrate; 0mg Cholesterol; 54mg Sodium

Tsimmes

Makes 8 servings.
Preparation Time: 30 minutes
- A simple Eastern European-Jewish dish.
Nutrition Facts
Servings Per Recipe 8
1/2 teaspoon unrefined corn oil
8 large carrots, cut 1/4 inch thick
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon cayenne, (or more to taste)
1/4 teaspoon sea salt
2 tablespoons brown rice syrup
Heat large skillet on medium heat and add oil. Saute carrots (cut like disks) in the pan until soft, but do not let them brown. Add spices, salt, and brown rice syrup, and cook for another 2 minutes.
Per serving: 42 Calories; less than one gram Fat (8% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 81mg Sodium